

fresh deals

APRIL 8 - 14, 2026



8.99 /lb

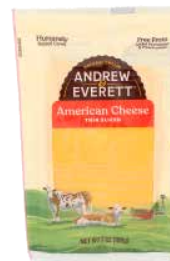
Outpost
Specialty Beef Burger Patties
Assorted varieties

Tailgate Ready!



4.99

Brioche Gourmet
Brioche Slider Buns
16.93 oz



5.29

Andrew & Everett
Sliced Cheese
Select varieties
7 oz



3.99 /ea

Organic Strawberries
or Raspberries
California & Mexico grown
16 oz & 6 oz



2 for \$4

Organic Ataulfo or
Tommy Atkins Mangoes
Mexico grown



4.99 /lb

Outpost
Dill Pickle Pasta Salad



5.99

Q Mixers
Premium Margarita Mix
7.5 fl oz • 4 pk

**we made
you dinner!**
APRIL 8-14

Old Fashioned Beef Stew
Sweet Potato Lasagna (vegetarian)
White Bean Sauté with Kale (vegan & wheat-free)
4-Cheese Mac & Cheese (vegetarian)
Vegan Mac & Cheese (vegan)



owners save more

APRIL 8 - 14, 2026



2.99 /lb

regularly 3.99/lb

Organic Green Lentils
Bulk Bin

Bring Your Own Container!



1.49 /lb

regularly 1.99/lb

**Organic Red, Yellow
or Sweet Onions**
California & Mexico grown



1.69 /lb

regularly 2.99/lb

**Organic Zucchini
or Yellow Squash**
Mexico grown



2.99

regularly 3.29

**Kontos
Pocket-less Pita**
White or Whole Wheat
14 oz



9.49

regularly 10.99

**Opaa!
Chicken Gyro Slices**
12 oz



*4.14 Day
Only!*

SAVE \$1

regularly 7.99-10.99
**Outpost Tear & Share
Sandwiches**
All varieties



*4.14 Day
Only!*

SAVE \$1

regularly 6.39/ea
**Outpost Grab & Go
Smoothies**
Blue Moon or Maui Waii
16 oz



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

co+op deals

APR 1 - APR 14, 2026

made to simmer

Pull up your favorite soup recipes and reach for Pacific Foods Organic Chicken Broth. Delicious, flavorful, made with free-range chicken, sea salt and seasonings, it's the perfect base for simple, nourishing meals. Find it on sale at the co-op now!



3.49
Pacific Foods
Organic Broths
32 fl. oz.



2/\$5
C2O
Coconut Water
17.5 fl. oz.



2.69
La Colombe
Cold Brew
9 fl. oz.



2.99
Muir Glen
Organic Tomatoes
28 oz.
Select varieties



2.99
Annie's
Mac & Cheese
6 oz.
Select varieties



4.49
Alexia
Frozen Potatoes
15-19 oz.
Select varieties



4.49
Que Pasa
Organic Avocado
Oil Tortilla Chips
7.5 oz.

no seed oils

OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

100 E. Capitol Dr.
414-961-2597

2826 S. Kinnickinnic
414-755-3202

7000 W. State St.
414-778-2012

7590 W. Mequon Rd.
262-242-0426

Good groceries right down the street!

Shop our weekly
Fresh & Owner Deals



outpost.coop/shop





3.99

Organic Valley
Sour Cream
17 oz.
La Farge, WI



3.99

Organic Valley
Cream Cheese
8 oz.
La Farge, WI



5.49

Organic Valley
Ultra Pasteurized
Half & Half
32 fl. oz.
La Farge, WI



5.69

Organic Valley
American Cheese
6 oz.
La Farge, WI

dairy with
dignity

COOPERATIVELY OWNED
Enjoy delicious dairy & cheese from small family farms that treat the land and the animals with care — it's the **Organic Valley** difference. One we believe you can taste in every delectable bite and sip.



2.99

Kalona
Supernatural
Organic
Buttermilk
16 fl. oz.
Kalona, IA



4.99

Good Karma
Flaxmilk + Protein
64 fl. oz.



4.99

Malk
Organic Plant-based Milk
28 fl. oz.

INCLUSIVE TRADE PARTNER



2.99

Pop & Bottle
Organic
Almond
Lattes
11 fl. oz.



5.39

Hodo
Organic
Moroccan
Tofu Cubes
8 oz.



6.49

Just
Plant-based Eggs
16 fl. oz.

The co-op has your breakfast favorites.

your favorite oatmilk sale

Everyone knows **Oatly** makes great-tasting oatmilk products. But did you know Oatly is the world's first food and beverage company to be named a Climate Solutions Company? Shop the Oatly sale!



3.99

Oatly
Original Shelf Stable
Oatmilk
32 fl. oz.



4.49

Oatly
Refrigerated
Oatmilk
64 fl. oz.



3.79

Oatly
Refrigerated Barista
Edition Oatmilk
32 fl. oz.



4.99

Kalona Supernatural
Organic Whole
Chocolate Milk
32 fl. oz.
Kalona, IA



4.79

Kalona Supernatural
Organic Whole Milk
Cream Top Plain
Yogurt
24 oz.
Kalona, IA



5.99

Kite Hill
Plant-based
Cream Cheese
8 oz.

luscious and lactose free

The first and only real dairy lactose-free cream cheese (and organic)! Perfect for Easter baking or everyday recipes. Green Valley — delicious dairy, no lactose.



3.99

Green Valley
Organic Lactose-free
Cream Cheese
8 oz.



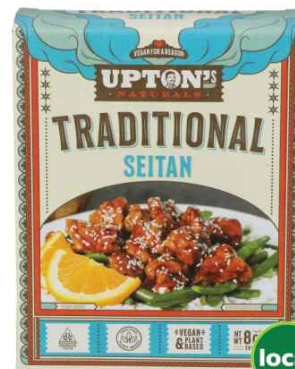
7.69

Kite Hill
Plant-based Ricotta
8 oz.

Dairy & plant-based essentials from the co-op.



7.49 My Bacon Alternative
7 oz.



4.29

Upton's Naturals Seitan
8 oz.
Select varieties
Chicago, IL

local



7.99 My Pulled Pork Alternative
9 oz.



3.99 Nancy's Organic Cream Cheese
8 oz.



5.69 Bitchin' Sauce Almond Dip
7-8 oz.

just the good stuff →

Spread the flavor you crave — this nondairy, organic vegan butter delivers rich, creamy taste and plant-powered goodness that brings fun, feel-good moments to every family bite.

5.99

Earth Balance Organic Whipped Plant Butter
13 oz.



INCLUSIVE TRADE PARTNER

GT's Living Foods is LGBTQIA+-owned and a leader in fermented foods. We are proud to remain a family-owned and operated company.



5.49 GT's Organic CocoYo Yogurt
8 fl. oz.

Stock the fridge with help from the co-op.

COOPERATIVELY OWNED



7.99

Organic Valley Ghee

7.5 oz.
La Farge, WI

spring into ethical eggs



Easter baskets shine brighter with eggs from hens roaming vast pastures daily. Deeper color, better nutrition, ethical choice — choose Vital Farms for delicious, responsibly sourced eggs this spring.



6.99

Vital Farms Pasture-raised Large Eggs
1 doz.



3.49

Smart Chicken Bone-in Skin-on Thighs
per pound



8.99

Kevin's Natural Foods Cilantro Lime Chicken
16 oz.



7.99

Thousand Hills Uncured Beef Brisket Bacon
8 oz.
Becker, MN



big sausage flavor

Juicy bite you know and love. Made from simple ingredients like peas and avocado oil. Because eating well should taste incredible.

7.99

Beyond Plant-based Sausages
14 oz.



Fuel up for busy days at the co-op.



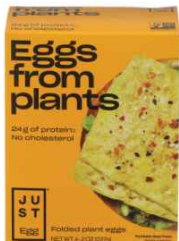
2.79
 Stahlbush Island Farms
 Frozen Diced
 Sweet Potatoes
 10 oz.



4.49
 Rao's
 Frozen Meals
 8.9 oz.



4.99
 Rudi's
 Organic Bread
 22 oz.



5.49
 Just
 Folded Plant-based Eggs
 8 oz.



7.99
 Field Day
 Organic Frozen Pizzas
 13.8 oz.



4.49
 Quorn
 Meat Alternatives
 8.5-12 oz.

everyday low price!



5.49
 Deep Indian Kitchen
 Potato & Pea Samosas
 7.5-12 oz.



2/\$7
 Deep Indian Kitchen
 Kati Street Wraps
 5 oz.



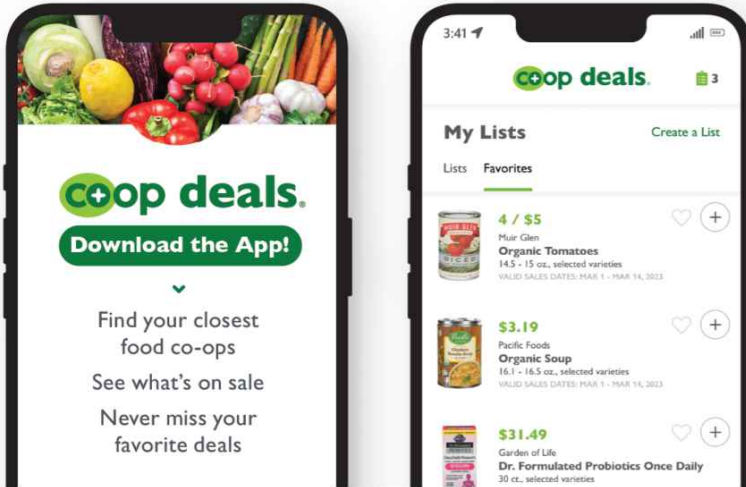
rooted flavor

INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is owned by a third generation Indian American family. Our slow-simmered entrées and hand-folded samosas are crafted with freshly ground spices and classic techniques, offering deep, craveable Indian flavor with modern convenience.

The co-op has easy-to-cook options.

Never miss your **favorite deals**



Already an app user? Be sure to update to the latest version on the Apple App or Google Play store.



4.99
So Delicious
Plant-based
Frozen Novelties
9.2-18.4 fl. oz.



4.99
Goodpop
Frozen
Novelties
9-13.2 fl. oz.



11.99
Wyman's
Frozen
Blueberries
48 oz.



scooping in spring

Familiar favorites crafted with organic ingredients. The best way to welcome spring, one scoop at a time.

9.49

Alden's Organic
Ice Cream
48 fl. oz.



4.99

Talenti
Gelato or Sorbetto
16 fl. oz.

Download the Co+op Deals app today!



5.49

**Traditional Medicinals
Organic Herbal Tea**
16 ct.
Select varieties

crafted for life's little wins



At R.W. Knudsen, we KRUSH only the very best ingredients so you can KRUSH everything you do!

4.39

**R.W. Knudsen
Mega Antioxidant
or Morning Blend
Juice**
32 fl. oz.



3.99

**Mom's Best
Cereals**
17.5-24 oz.
Lakeville, MN



5.79

**Bob's Red Mill
Gluten-free
Muesli**
16 oz.



4.99

**One Degree
Organic Foods
Sprouted Rice
Crisp Cereal**
8-10 oz.
Select varieties

food with purpose

Whether you're craving sweet flavors or a bar packed with greens, PROBAR Meal is the perfect on-the-go companion! Blended for maximum nutrient density, you will feel satisfied all day.



2/\$5

**Probar
Meal Bars**
3 oz.
Select varieties

INCLUSIVE TRADE PARTNER

Purely Elizabeth is a woman-owned company. Elizabeth started Purely Elizabeth to make delicious food with nourishing ingredients to help you thrive on your wellness journey.



5.39

**Purely Elizabeth
Granola**
11 oz.

Morning & night time favorites at the co-op.



5.49

Louisville Vegan Jerky Co.
Vegan Jerky
3 oz.



2/\$4

Woodstock Organic Banana Water
11.2 fl. oz.
Strawberry, Chocolate or Blueberry



4/\$5

Bob's Red Mill
Snack Bars
1.76 oz.



2.69

Guru Organic Energy Drink
12 fl. oz.



2/\$5

Recess Sparkling Relaxation Water
12 fl. oz.



4.49

Pip's Heirloom Snacks
Corn Dippers
9.25 oz.



3.99

Pip's Heirloom Snacks
Cheese Balls
4.5 oz.



2/\$5

Darrell Lea Licorice
7 oz.
Strawberry or Mixed Fruit



*uniquely crispy,
deeply delicious*

Blending bake craft and quality, our time-honored recipes and baking traditions, blended with a commitment to superior flavor and carefully sourced, hand-selected ingredients, ensures each bite is a memorable taste experience.

4.99

Tate's Bake Shop
Chocolate Chip Cookies
7-8 oz.
Original, Gluten-free or Soft-baked



5.69

LaCroix Sparkling Water
12 pk.-12 fl. oz.
LaCrosse, WI



On-the-go drinks & snacks from the co-op.



2.69
Westbrae
Organic Lentils
15 oz.



3.49
Dr. McDougall's
Warm & Serve
Soups
17.6-18 oz.



1.39
KOYO
Ramen Soup
Packs
2-2.1 oz.



3.49
Native Forest
Artichoke Hearts
9.9-14 oz.



3.69
Crown Prince
Smoked Oysters
3 oz.



2.69
Mori-Nu
Tofu
10.8-10.9 oz.
Firm or Extra Firm



4.39
Rao's
Soup
15.5-16 oz.



2.99
Edward & Sons
Japanese Style
Miso
2.9 oz.

safe catch elite

Every tuna is individually tested to a mercury limit 10 times stricter than FDA action levels, responsibly sourced and hand-packed to preserve natural oils and exceptional quality.



3.49
Safe Catch
Elite Wild Tuna
5 oz.



15.99
California
Olive Ranch
Global Blend
Extra Virgin
Olive Oil
25.4 oz.

The co-op has all your pantry staples.

what's
regenerative
rice?

If you ask **Lundberg Family Farms**, it starts with organic. Their rice is a land-restoring, habitat-preserving, community-building, Regenerative Organic Certified® wonder. And if we care this much about how it's grown, imagine how much we care about how it tastes.



2.59
Lundberg Family Farms
Ready-to-Heat Rice
8 oz.



3.49
Lundberg Family Farms
Organic Rice Cakes
5-9.3 oz.



2.99
Lundberg Family Farms
Organic Risotto
5.5-5.9 oz.



2.99
Koyo
Soba or Udon
Noodles
8 oz.
Select varieties



4.99
Maille
Dijon Mustard
7.5 oz.



5.99
Sky Valley
Sriracha Sauce
18.5 fl. oz.



4.99
Organicville
Organic Dressing
8 fl. oz.
Select varieties



no seed oils

scoop up the savings in bulk!



2.79
Organic
White Quinoa
per pound in bulk



7.49
Grandy Organics
Organic Classic Granola
per pound in bulk



8.49
Organic Almonds
per pound in bulk

All the ingredients you need are at the co-op.



6.99

Simple Mills
Chocolate Brownie Mix
12.9 oz.



2/\$7

Field Day
Organic Bread
Crumbs
8-15 oz., selected
varieties



1.99

If You Care
Large Baking Cups
60 ct.



7.49

Sweetleaf
Stevia Clear
Extract
2 fl. oz.

everyday low price!



6.49

Field Day
Organic
Unbleached All-
purpose Wheat
Flour
5 lbs.



6.49

Enjoy Life
Mini or Mega Chocolate
Baking Chips
9 oz.



3.79

Repurpose
Plates or Bowls
20 ct.

vanilla with a purpose

COOPERATIVELY OWNED

Experience pure vanilla flavor, sustainably sourced and free from artificial additives. Frontier Co-op® brings unmatched depth and richness to your kitchen.

15.99

Frontier Co-op
Organic Vanilla Extract
4 fl. oz.
Norway, IL



14.99

Dr. Bronner's
Organic Whole Kernel
Virgin Coconut Oil
30 fl. oz.

Baking staples are at the co-op.

INCLUSIVE TRADE PARTNER



ECOS is a Black- and woman-owned company that believes everyone has a right to a healthy home. We create cleaning products that protect the health and wellness of people, pets and the planet.

Inclusive trade

13.99

ECOS
Liquid Laundry Detergent
100 fl. oz.

switch to tree free

Soft, strong and saves trees. Caboo's tree-free toilet paper delivers on sustainability without compromising on quality. Made from fast-growing, renewable bamboo and free from inks, dyes, fragrances and BPA.

7.99

Caboo
300-sheet Bamboo Bath Tissue Rolls
9 ct.



3/\$5

Happy Family Organics
Baby Food
4.22 oz.
Select varieties

everyday low price



1.29
Wild Harvest
Grain-free Cat
Food
5.5 oz.



4.79
Desert Essence
Toothpaste
6.25 oz.



6.29
Desert Essence
Mouthwash
16 fl. oz.



6.99
Desert Essence
Thoroughly Clean
Face Wash
8.5 fl. oz.



6.49
Desert Essence
Shampoo or
Conditioner
8 fl. oz.

naturally fresh, head to smile

Desert Essence® blends desert-inspired botanicals with clean, cruelty-free care. Vegan and gluten-free with Leaping Bunny Certification, these formulas nurture your skin, hair and smile — so you can expect wonders from your daily routine.

Sustainable products for family, home & pets.



11.99

Jason
Super E Creme
5 oz.



2/\$8

Dr. Tung's
Smart Floss
30 yd.



8.99

Acure
Ultra Hydrating Green
Juice Cleanser
4 fl. oz.



6.99

Jason
Vitamin E Oil
4 fl. oz.



10.49

Dr. Tung's
Tooth Powder
Tablets
100 ct.



12.99

Alba Botanica
Sensitive Sunscreen
Spray SPF 50
5 fl. oz.

INCLUSIVE TRADE PARTNER



8.49

Badger
Anti Bug Spray
2.7 oz.



10.49

Jason
Body Wash
30 fl. oz.
Select varieties



2.19

Sappo Hill
Glycerine Crème
Soap
3.5 oz.

INCLUSIVE TRADE PARTNER



17.99

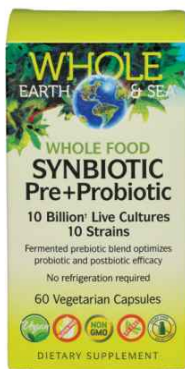
Wild Carrot
Herblals
Vanilla Bean
Face Cream
60 ml



32.99

Four Sigmatic
Organic Plant-based
Protein
Powder
16.9-21.16 oz.

Find your body care essentials at the co-op.



20.99

**Whole Earth & Sea
Pre+Probiotic**
60 caps.

visible and tangible results

Get 10 types of collagens, plus clinically studied ingredients like SBO (Soil Based Organisms) probiotics and vitamin C. This is a premium formula that delivers real results.

36.99

**Ancient Nutrition
Multi Collagen
Protein Powder**
16 oz.



9.99

**Hyland's Naturals
Calms Forte
Sleep Aid**
100 ct.



38.99

**Ancient Nutrition
Women's
Probiotic**
60 ct



24.99

**Whole Earth & Sea
Women's
Multivitamin &
Mineral**
60 ct.

the power of omega-3



Take your health to the power of omega-3 with award-winning Ultimate Omega® fish oil. Every serving delivers 1,280mg of concentrated omega-3s to support everyday wellness at the cellular level.

20.99

**Nordic Naturals
Ultimate Omega**
60 ct.



Find all your supplements at the co-op.

Owner & Shopper Appreciation Day

WE LOVE OUTPOST

Saturday, April 18 • 11am-2pm

Celebrate 56 years of cooperation!



Spin the wheel!

Owners receive a free gift & check out our Sustainability Report



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

premium chocolate

Inspire your taste buds with chocolate that's made the way it was truly meant to be. When any occasion calls for chocolate, we've got you covered.

3.99

Endangered Species Chocolate Bar

3 oz.
Indianapolis, IN



4.99

Kettle Brand
Potato Chips
13 oz.



5.99

Izze
Sparkling Juice
Drink
6 pk.-8.4 fl. oz.



Scan the QR code to learn more about the quality and values represented by these symbols.



Some items may not be available at all stores or on the same days.

MW0426A

