

fresh deals

APRIL 29 - MAY 5, 2026



3.99-5.99/ea

Olden Organics
Fresh Guacamole or Pico de Gallo
Ripon, WI • 10-10.5 oz



4 for \$5

Organic Avocados
Mexico grown



2.99/pint

Grape Tomatoes
Mexico grown



6.99/lb

Outpost
Fiesta Taco Dip



rBQH
free!

2.99

Dairy Fresh
Colby Jack Cheese
Shredded or Bar
Gluten-free • 8 oz



4.99

Pasquals
Seasoned Corn
Tortilla Chips
Middleton, WI



1.49

La Preferida
Refried Beans
Regular Fat-Free or
Black Low-Fat • 16 oz

we made
you dinner!

APRIL 29 - MAY 5

Chicken Ala King
Turkey Shepherd's Pie
Sweet Potato Coconut Dal (vegan & wheat-free)
4-Cheese Mac & Cheese (vegetarian)
Vegan Mac & Cheese (vegan)



owners save more

APRIL 29 - MAY 5, 2026



1.59 /ea

regularly 1.99/ea

Outpost
Mexican Chocolate Cake Slice



1.49 /bunch

regularly 1.99/bunch

Organic Cilantro
California grown



2 for \$4

regularly 2.99/ea

Organic Ataulfo or
Tommy Atkins Mangoes
Mexico grown



1.99 /lb

regularly 2.69/lb

Organic Long Grain Rice
Brown or White • Bulk Bin

5lb convenience bags also on sale!



2.79 /lb

regularly 2.99/lb

Doudlah Farms
Organic Black or
Pinto Beans
Evansville, WI • Bulk Bin



3.99

regularly 4.99

Food For Life
Sprouted Corn Tortillas
10 oz



4.99

regularly 5.99

El Burrito
Organic Soyrito
Plant-based Chorizo
12 oz



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals[®]

APR 29 - MAY 19, 2026

sweet indulgence

Show some love on Mother's Day and gather the ingredients to make a delicious brunch — or pick up a sweet treat like Chocolove's Raspberries in Dark Chocolate. The balance of sweet and tart raspberries with dark chocolate is a winning flavor combo, and they're on sale at the co-op!



2/\$7
Chocolove
Chocolate Bars
2.9-3.2 oz.

INCLUSIVE TRADE PARTNER



2/\$5

GT's
Kombuchas
16 fl. oz.
LGBTQIA+-owned



3.49

Mary's Gone
Crackers
Organic Crackers
4 oz.
Select varieties



2.69

Field Day
Coconut Water
16.6 fl. oz.



everyday low price

INCLUSIVE TRADE PARTNER



Fillo's is a Hispanic-owned company. We offer a range of reimagined Latin staples that are packed with flavor and nutrients.

2/\$4

Fillo's
Walking Tamales
4 oz.
Chicago, IL



4.99

Green Mountain
Gringo
Salsa
16 oz.



Shop the co-op for all your spring events.

Find snacks for your next outing.



2/\$7

Fage Total
Greek Yogurt
16 oz.



1.79
Mush
Overnight Oats
5 oz.



4.49
Silk
Plant-based Milk
64 fl. oz.

COOPERATIVELY OWNED



4.99

Organic Valley
Shredded Cheese
4-6 oz.
La Farge, WI



4.49
Silk
Plant-based
Creamer
32 fl. oz.



3.79 Kite Hill
Tzatziki
8 oz.



COOPERATIVELY OWNED

5.99
Organic Valley
Grassmilk
59 fl. oz.
La Farge, WI



high protein yogurt



With 17 g of protein and 0 g of sugar per serving, Kite Hill Dairy Free Greek Yogurt is a plant-based powerhouse. Try it in your next parfait or smoothie!

4.79

Kite Hill
Plant-based Yogurt
16 oz.

COOPERATIVELY OWNED



5.99

Organic Valley
Stringles
8 oz.
La Farge, WI



The co-op has all your mealtime staples.



5.99

Bizzy
Organic Cold
Brew Coffee
48 fl. oz.



not your grandma's sweet tea

We're what happens when you brew tea like a craft beer. Unexpected, yet surprisingly familiar. Hoppy, but with less punch than a home brewed IPA, **HopTea** is for those looking to fuel their curiosity.

2/\$5

Hoplark
Hop Tea
16 fl. oz.



3.99

Tofurky
Plant-based Deli Slices
5.5 oz.



7.99

Beyond
Plant-based
Ground Beef
16 oz.

real ingredients, bold flavor

At Cleveland Kitchen, fresh fermentation is our super power! Traditional Korean-style kimchi with balanced spice, live cultures and crave-worthy texture.

4.49

Cleveland Kitchen
Kimchi and Kimchi
Pickles
16 oz.



Save on all your favorite brands at the co-op.



3.99
Baba's
Hummus
10 oz.



2.19

Frontera
Enchilada, Taco, or
Fajita Sauces
8 oz.
Chicago, IL



4.39
Green Valley
Organic
Lactose-free
Sour Cream
12 oz.



4.39
Grillo's
Pickle De
Gallo
14 oz.



5.99
Grillo's
Pickles
32 fl. oz.



5.49
JonnyPops
Frozen Novelties
6.72-14.8 fl. oz.



4.69
Reed's
Ginger Ale
4 pk.-12 fl. oz. cans



2/\$6
KeVita
Organic Tart
Cherry
Kombucha
15.2 fl. oz.



5.49
Alden's Organic
Frozen Novelties
9-14 fl. oz.



5.99
Smart Chicken
Organic Party
Wings
per pound



7.99
Thousand Hills
Summer Sausage
10 oz.



7.69
Niman Ranch
Sliced Roast Beef
6 oz.

Find anytime meals and snacks at the co-op.

INCLUSIVE TRADE PARTNER

Tucson Tamale started with a large Mexican-American family tradition and now makes award-winning tamales.



5.49 Tucson Tamale Tamales
10 oz.



2/\$6
Nature's Path Organic Frozen Waffles
7.4 oz.



2.99 Amy's Burritos
5.5-6 oz.
Select varieties



3.99
Silver Hills Sprouted Bread
15-22 oz.
Select varieties



2/\$8
Cascadian Farm Organic Frozen Fruits
8-10 oz.



2/\$8
Cascadian Farm Organic Frozen Potatoes
12-16 oz.



4.49
Dr. Praeger's Veggie Burgers
10 oz.
Select varieties



6.99
Daiya Frozen Pizza
12.8-19.4 oz.

no compromises

Great taste or gluten-free? You don't have to choose. Canyon Bakehouse delivers the taste, texture and quality you expect from real bread — without the gluten. No compromises needed with Canyon Bakehouse.



7.49 Canyon Bakehouse Gluten-free Heritage Bread
24 oz.
Honey White or 7-Grain



The co-op has options for easy meals.

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



2/\$3

Solely
Organic Fruit Jerky
0.8 oz.



2/\$4

Justin's
Organic Peanut
Butter or Almond
Butter Cups
1.32-1.5 oz.



3.49

The Good Crisp
Potato Crisps
5.6 oz.



2/\$4

Gimme
Organic Seaweed
Snacks
.32-.35 oz.



2/\$5

Rishi
Sparkling Botanicals
Beverages
12 fl. oz.
Milwaukee, WI



5.99

Clif
Organic Zbars
6.35-7.62 oz.



your favorite plant milks

You can enjoy your favorite organic, non-GMO, lactose-free, dairy-free, gluten-free beverage with either our West Life 9g of protein soymilk, or our creamy, smooth Dream Horchata.

2/\$7

Dream or West Life
Organic Horchata
or Soymilk
32 fl. oz.



6.49

Grandy Organics
Grain-free Coconola
9 oz.

Find the snacks you love at the co-op.



2/\$4

Poppi
Prebiotic Sodas
12 oz.



2.99

Good Health
Potato Chips
5 oz.

no seed oils



2/\$6

Field Day
Sea Salt Veggie
Straws
7 oz.



3.49

Unique Snacks
Puffzels
4.8 oz.
Aged Cheddar or
Honey Mustard



2/\$3

Pur
Gum
9 ct.



4.99

Flackers
Organic Flax
Seed Crackers
5 oz.
Select varieties
Minneapolis, MN



4.29

Fever Tree
Tonic Water
4 pk.-6.8 fl. oz.
Select varieties



4.49

Mi-del
Ginger Snaps
8-10 oz.
Original or
Gluten-free



2.69

Vermints
Organic
Breath Mints
1.41 oz.



taste the magic



Celebrate what's possible when pleasure meets purpose. Made with Regenerative Organic Certified© cocoa and sugar, Magic Chocolate is lovingly crafted using ingredients grown with respect for people and planet.

4.49

Magic Chocolate
Organic Chocolate Bar
2.93-3 oz.



6.99

Fentimans
Soda
4 pk.-9.3 fl. oz.
Select varieties



6.49

Waterloo
Sparkling Water
12 pk.-12 fl. oz.

On-the-go options are at the co-op.



COOPERATIVELY OWNED

1.69

Simply Organic
Taco Seasoning
Mix

0.7-1.13 oz.
Norway, IA



rooted in Italy



Now Regenerative Organic Certified, Bionaturae tomatoes from Italian family farms are picked at their prime and packed the same day, delivering clean, authentic flavor shaped by tradition and the land.

3.49

Bionaturae
Organic Tomatoes
28.2 oz.



2/\$5

Wild Planet
Sardines
4.4 oz.



2/\$5

Near East
Rice or
Couscous Mixes
5.25-7 oz.
Select varieties



3.49

Marukan
Organic Rice
Vinegar
12 fl. oz.



**3.49-
3.79**

Tasty Bite
Entrées
10 oz.
Select varieties

ramen, reimagined

Single-serve ramen crafted from organic rice varieties and paired with classic miso soups. Thoughtfully sourced, quick to cook and easy to enhance with your favorite protein and toppings.

1.79

Lotus Foods
Rice Ramen

2.8 oz.



2.59

Tasty Bite
Ready to Eat
Rice Sides
8.8 oz.
Select varieties



2.79

Doudlah Farms
Organic Black
Beans
per pound in bulk



The co-op has something for everyone.



1.99

Siete
Taco Seasoning
1-1.31 oz.



3.99

Siete
Tortilla Chips
7.5 oz.



3.99

Siete
Salsa
10.5 oz.



7.49

Siete
Tortillas
7 oz.

*mild and
delicious*

“Casera” means “homemade,” and we can’t wait for you to get a taste of what it’s like at our table. Siete’s food is made with a few thoughtfully selected ingredients that we hope you enjoy. ¡Buen Provecho!



Spruce up your routine with new ingredients from the co-op.

Delicious options.

a premium pour

Perfect for sautéing, roasting or drizzling over your favorite summer dishes. Crafted from organic Mediterranean olives and cold-pressed for a smooth, balanced flavor. Now with a resealable pop-up spout!

17.99

Napa Valley Naturals
Organic Extra Virgin Olive Oil
25.4 fl. oz.



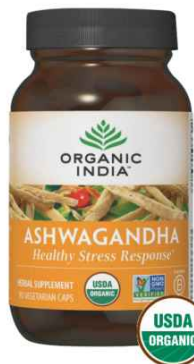
8.99
Artisana
Organic Raw
Coconut Butter
14 oz.



8.99
Artisana
Organic Raw
Tahini
14 oz.



Shop for meals you enjoy at the co-op.



Ashwagandha grown in its native landscape by small-scale family farmers. Fair Trade Certified and Regenerative Organic Certified® (ROC™), ensuring purity, potency and planet care.

16.99

Organic India Ashwagandha 90 ct.



pure fiber

Ease starts with purity. Certified Organic psyllium fiber grown on small family farms with regenerative practices that protect soil health and biodiversity. Free from GMOs, synthetic pesticides, artificial colors and flavors.

12.99

Organic India Psyllium Husk Fiber 12 oz.



15.99

Ultima Replenisher Electrolyte Drink Mix 3.4-3.9 oz.



Natural Stacks Brain Food Formulas 60 cap.



28.99

Sprout Living Organic Vanilla Protein Powder 1 lb. Chicago, IL

SAVE 10.00

Find all your supplements at the co-op.



15.99

**Derma E
Vitamin C
Concentrated
Serum**
2 fl. oz.

refill! refill!

Same great soap — with a rich lather and clean rinse, now in 86% less plastic than our 32 oz. recycled bottles! Made with Regenerative Organic Certified® oils. Mindful care for body and planet!

13.49

**Dr. Bronner's
Magic Soap Refill**
32 fl. oz.



INCLUSIVE TRADE PARTNER

Badger is a woman-owned company. We are family-owned and operated and create organic body care products with nourishing nutrients.



13.49

**Badger
SPF 50 Adventure Mineral
Sunscreen Cream**
2.9 fl. oz.



5.49
**Booda Organics
Cream Deodorant**
2.4 oz.

*lavender castor
glow oil*

COOPERATIVELY OWNED

Create a simple body care ritual with calming lavender and nourishing castor oil. Try this easy blend: add three drops of lavender essential oil to one tablespoon of castor oil. Smooth onto cuticles or dry areas after bathing. Glow naturally with **Aura Cacia**.



7.69
**Aura Cacia
Lavender
Essential Oil**
.5 fl. oz.



3.69
**Aura Cacia
Organic
Castor Oil**
4 fl. oz.



6.99
**Aura Cacia
Aromatherapy Mist**
4 fl. oz.



2.69
**Aura Cacia
Foam or Mineral
Bath Packet**
2.5 oz.

Year-round body care products are at the co-op.

happening this month at your co-op:

May round up

Local non-profit Milwaukee Homeless Veterans Initiative focuses their efforts on some of the most vulnerable people in our community. They serve at risk and homeless veterans and families with pivotal human services for anyone who wore the uniform, whether they are homeless, struggling with underemployment or disabled.

Learn more at www.wisconsinvets.org



**COMMUNITY
CREATIVES**
Local makers & creators
IN THE AISLES!

**Saturday,
May 9**

at our Bay View
location only!



Join our co-op this
May and receive
a **FREE** gift!

**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

everyday fuel

Snacks with ingredients you know. For breakfast before the commute, a quick bite between errands or something to carry you through a long walk. **Kind** offers everyday staples that fit into real moments.



2/\$3

Kind
Bars
1.4 oz.



4.99

Kind
Clusters or Granola
11 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.



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