

fresh deals

MAY 20 - 26, 2026



5.99 /lb

Outpost
Pork Bratwurst



3.99

Lewis Bake Shop
Brat & Sausage Buns
6 pack • 4 oz
Evansville, IN



3.99 /pint

Organic Blueberries
California grown



7.99 /lb

Outpost Wheat-free
Italian Pasta Salad



1.99 /lb

Organic Zucchini
Kentucky grown



save \$1

Better Wood
Products
Hardwood Lump
Charcoal
8.8 lbs



2.99 /bunch

Organic
Sweet Baby Broccoli
California grown



we made
you dinner!
MAY 20-26

Chicken Pelau (wheat-free)
Italian Sausage Lasagna
Ratatouille (vegan & wheat-free)
4-Cheese Mac & Cheese (vegetarian)
Vegan Mac & Cheese (vegan)



owners save more

MAY 20 - 26, 2026



7.99

regularly 10.99

Wisconsin Meadows

80/20 Grassfed Ground Beef

16 oz Pillow Pack • Viroqua, WI



\$2 off/lb

regularly 11.59-13.99/lb

Mindoro

Blue Cheese or

Gorgonzola Wedge



3.99

regularly 4.29

Pretzella

Pretzel Burger Buns

4 ct • Franklin, WI



4.99/ea

regularly 5.99/ea

Hundred Acre

Green Goddess Dressing

or Lemon Basil Vinaigrette

12 oz • Milwaukee, WI



2 for \$4

regularly 2.99/ea

Organic Ataulfo or

Tommy Atkins Mangoes

Mexico grown



\$1 off/whole pie

regularly 19.99/whole pie

Outpost

Strawberry Rhubarb Pie



3.89

regularly 4.89

South of France

Liquid Hand Soap

8 oz



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals

MAY 20 - JUNE 2, 2026



refreshing and bubbly

INCLUSIVE TRADE PARTNER

During the busy season ahead, stay refreshed with GT's Synergy beverages. GT's Living Foods is family- and LGBTQIA+- owned, and our beverages are packed with probiotics, so you can support your gut's health and quench your thirst. Find them on sale at the co-op!



inclusive trade

2/\$5

GT's Kombuchas
16 fl. oz.



2/\$4

Just Ice Tea Organic Teas
16 fl. oz.



2/\$7

Brianna's Salad Dressings
12 fl. oz.
Select varieties



4.99

Goodpop Frozen Novelties
9-13.2 fl. oz.



4.99

Late July Snacks Salsa
15.5 oz.



5.49

Applegate Uncured Beef Hot Dogs
10 oz.



Get outdoors with your favorite food from the co-op.

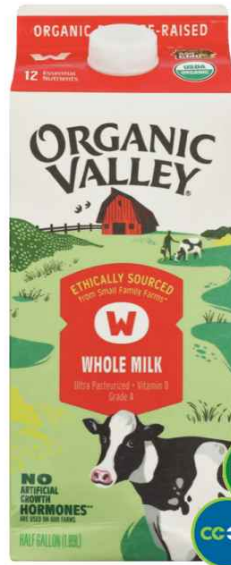
The taste of spring.



4.49

Califia Farms
Almondmilk
48 fl. oz.

COOPERATIVELY OWNED



*love what you bring
to the table*

The tastiest and most nutritious milk comes from healthy, happy cows that spend their days in green pastures. **Organic Valley** farmers helped write the standards on organic pastures—and every day, we work to exceed those standards.

4.99

Organic Valley
Milk
64 fl. oz.
LaFarge, WI

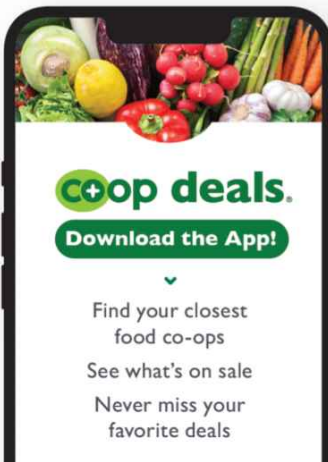


4.39
So Delicious
Organic
Coconutmilk
64 fl. oz.



2.99
Nutpods
Shelf-stable
Plant-based
Creamer
11.2 fl. oz.

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.



COOPERATIVELY OWNED



5.99
Organic Valley
Feta Cheese
8 oz.
LaFarge, WI

Download the Co+op Deals app today.



3.99
Tofutti
Better Than
Cream Cheese
8 oz.



3.99
Ithaca
Hummus
10 oz.



4.29

Honey Mama's
Truffle Bar
2.5 oz.



4.99
Follow Your
Heart
Vegenaise
14 fl. oz.



6.99
Wildbrine
Kimchi
18 oz.



9.49
Miso Master
Organic White
Miso
16 oz.

concentrated cool

To dilute or not to dilute? That's up to you. Our organic Black Concentrate is one bold, smooth fridge staple — straight up, over ice or swirled into something creamy.



7.99
Chameleon Coffee
Organic Cold-brew
Concentrate
32 fl. oz.



7.99
Beyond
Plant-based
Sausages
14 oz.



3.99
Goodbelly
Probiotic Drink
32 fl. oz.

Fill the fridge with delicious food from the co-op.



4.49

Gardein
Plant-based Proteins
8.1-13.7 oz.



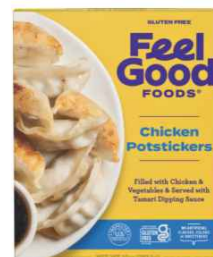
2/\$8

Woodstock
Organic Frozen
Mangoes
10 oz.



6.99

Cappello's
Buttermilk
Biscuits
12.1 oz.



6.99

Feel Good Foods
Appetizers
6-10 oz.



7.99

Smart Chicken
Thin Sliced
Chicken Breasts
per pound



9.99

Field Day
Organic Blueberries
32 oz.

everyday low price



8.99

Caulipower
Chicken
Tenders
14 oz.

tastes like love

Bubbies knows best! Naturally fermented and pickled foods made with real ingredients and time-honored methods. Served with love, best when shared.

7.99

Bubbies
Pickles or Pickle Chips
25-33 fl. oz.



5.99

Udi's Gluten Free
Sandwich Bread
12 oz.

Find quality meal solutions at the co-op.



2/\$7

Van's Frozen Pancakes or Waffles
9-12.4 oz.



3.99

Follow Your Heart Dairy-free Feta Crumbles, Parmesan, and Bleu Cheese
6 oz.



4.99

So Delicious Dairy-free Frozen Dessert
1 pt.



7.99

Field Day Frozen Pizza
13.8 oz.

everyday low price



9.49

Alden's Organic Ice Cream
48 fl. oz.



7.99

Cappello's Grain-free Pizza
11-12 oz.

100% natural ingredients

Real flavor from real ingredients. No artificial flavors, sweeteners or colors. Gelato and sorbetto made from scratch.

4.99

Talenti Gelato or Sorbetto
1 pt.



INCLUSIVE TRADE PARTNER

Deep Indian Kitchen is owned by a third-generation Indian American family. We pride ourselves on being an authentic, restaurant-quality brand. All items are family recipes made from scratch.



5.49

Deep Indian Kitchen Samosas
12 oz.

Delicious options to fill your freezer.



bright and bubbly

Certified Organic Flavored Sparkling Water bursting with bright flavor and lively bubbles. Kick off summer with guilt-free, sugar-free sipping!



3.99

Barnana
Organic Plantain
Chips
5 oz.



4.39

Nixie
Organic Sparkling Waters
8 pk.-12 fl. oz. cans



3.29

Vegan Rob's
Probiotic
Dragon Puffs
3.5 oz.



4.29

Lily's
Chocolate Bars
2.8-3 oz.
Select varieties



4.49

Vita Coco
Pure Coconut
Water
33.8 fl. oz.



join our swooniverse

INCLUSIVE TRADE PARTNER

Co-founders Jen & Cristina wanted to change the idea that zero sugar meant zero flavor. They worked tirelessly to make the best tasting, 100% natural teas & lemonades. Get ready to sip sweeter, without sugar.

3 / \$5

Swoon
Zero Sugar Beverages
12 fl. oz.



2 / \$5

Vita Coco
Coconut Waters
16.9 fl. oz.
Pure or Pressed varieties

Find drinks and snacks at the co-op.



3.99
Late July Snacks
Tortilla Chips
10.1 oz.



3.79
LesserEvil
Organic Cheddar
Space Balls
5 oz.
no seed oils



no seed oils
3.49
LesserEvil
Organic Popcorn
4.6 oz.



3.39
Hippeas
Chickpea Snacks
4 oz.



COOPERATIVELY OWNED
4.29
Equal Exchange
Organic
Chocolate Bar
2.8-3.5 oz.



6.99 Spindrift
Sparkling Water
8 pk.-12 fl. oz.



no seed oils



Crafted with select ingredients and bold flavor that's anything but ordinary. Classic kettle cooked chips made with avocado oil— where better-for-you meets better tasting

2/\$6
Boulder Canyon
Potato Chips
5.25-6.5 oz.



3.79
MadeGood
Organic Granola Bars
6 pk.



The co-op has all your on-the-go snacks.

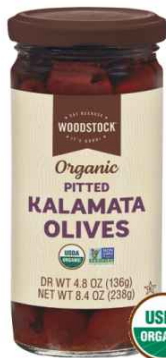
Some items may not be available at all stores or on the same days

spring
into flavor



3.39

Woodstock
Organic Ketchup
19.5-20 oz.



3.69

Woodstock
Organic Olives
8.4-8.5 oz.



4.99

Woodstock
Organic Pickles
24 oz.



4.69

Woodstock
Organic BBQ Sauce
18 oz.

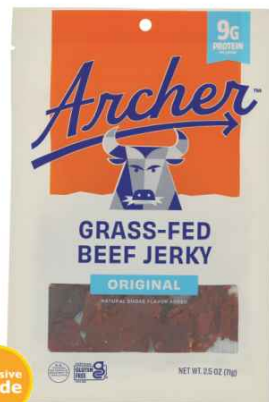


3.99

Q Mixers
Drink Mixers
4 pk.-7.5 fl. oz. cans
Select varieties

INCLUSIVE TRADE PARTNER

Archer is an Asian-owned company. Our jerky and meat sticks offer mouthwatering flavors with sustainability as a priority.



5.99

Archer
Beef Jerky
2-2.5 oz.

INCLUSIVE TRADE PARTNER



7.49

Bachan's
Japanese
Barbecue
Sauce
15.5-17 fl. oz.



3.29

Wasa
Crispbread
9.5 oz.
Light Rye, Multigrain, or
Sourdough varieties



3.99

Frontera
Salsa
16 oz.
Chicago, IL



4.99

Quinn
Filled Pretzels
5-7 oz.
Select varieties



Find something for friends and family at the co-op.



2.69
 Jeff's Garden
 Pickled Peppers
 12 fl. oz
 Select varieties



2.99
 A Dozen Cousins
 Ready-to-Eat
 Beans
 10 oz.



3.29
 San-J
 Premium
 Gluten-free
 Tamari Soy Sauce
 10 fl. oz.



3.49
 Heyday
 Canning Co.
 Canned Beans
 15 oz.
 Select varieties



3.99
 San-J
 Cooking
 Sauces
 10 fl. oz.



13.99
 Graza
 Sizzle Extra
 Virgin Olive Oil
 25.3 fl. oz.

no seed oils

Classic, creamy mayo made with real, high-quality ingredients and good fats from avocado oil. No soy or canola oil, no artificial sweeteners — just real ingredients to elevate every eating occasion.



6.99

Primal Kitchen
 Mayonnaise
 12 fl. oz.



2.79
 Ancient Harvest
 Organic Polenta
 18 oz.

scoop up the savings in bulk!



2.99 Organic Tri-color
 Quinoa
 per pound in bulk



8.99 Organic Roasted &
 Salted Pistachios
 per pound in bulk



2.19 Organic Multi-color
 Popcorn
 per pound in bulk

Pantry and bulk staples are at the co-op.

*all the goodness -
none of the garbage*

Our roots are planted in the fertile soils of the rural Midwest. Hand crafted locally in small batches without sacrificing flavor or taste.



2.99

**Nick's Sticks
Snack Sticks**
1.7 oz.
Marshfield, WI



4/\$6

**Larabar
Fruit & Nut Bars**
1.6-1.7 oz.



2/\$5

**Santa Cruz Organic
Lemonades or Limeades**
32 fl. oz.



3.69

**Minor Figures
Barista Style
Oatmilk**
32 fl. oz.



4.39

**Nature's Path
Organic
Cereal**
10-14 oz.
Select varieties



7.49

**R.W. Knudsen
Just Juice**
32 fl. oz.
Pomegranate,
Cranberry, Prune, or
Blueberry varieties



99¢

**Nature's Bakery
Fig Bars**
2 oz.



5.69

**Crofter's
Organic Premium
Fruit Spread**
16.5 oz.
Select varieties



5/\$10

**Pumpkin Tree
Baby Food**
4.4 oz.
Select varieties

Save on pantry staples at the co-op.

INCLUSIVE TRADE PARTNER

South of France is a women-owned company. Our hydrating, proprietary blend of ingredients includes moisturizing sea algae, coconut and olive oils, delivering waves of skin-drenching goodness.



3.39 South of France Liquid Soap
6 oz.



8.99
Biokleen Bac-Out Enzyme Cleaner
32 fl. oz.

INCLUSIVE TRADE PARTNER

Crafted with tradition and sustainability in mind. Made with Fair Trade ingredients, supporting ethical sourcing and community empowerment.



5.79 Ayeya Bar Soap
4 oz.



12.49
Kal D-3 K-2 ACTIVMELT
60 ct



18.99
Natural Factors Tranquil Sleep Chews
60 ct.



36.99
Natural Factors Total Body Collagen
17 oz.



17.99
Om Organic Lion's Mane Mushroom Powder
3.5 oz.

feel-good clean

Bring on the joy with our multitasking soap! Made with essential oils, Environmental Working Group (EWG) verified and packaged in a 100% post-consumer recycled plastic bottle — it's a delightful clean from head to toe.

7.99

Everyone 3-in-1 Soap
32 fl. oz.



25.99
Simply Tera's Organic Grass-fed Whey Protein Powder
12 oz.

Find all your wellness items at the co-op.



**Less plastic.
More to love.**

Bring your own jar.

Buy a little or a lot.

Fill up on spices, grains, nuts, coffee, flour + more



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
CO-OP SINCE 1970

COMMUNITY OWNED GROCERY STORE

Milwaukee | Bay View | Wauwatosa | Mequon

Outpost is proud to sponsor sections of the Oak Leaf trail.

Look for these signs on your next adventure!

outpost.coop

Mineral-based sun protection suitable for sensitive skin. Formulated with ingredients like niacinamide, squalane and vitamin E, **Alba Botanica Mineral Sunscreen** offers immediate moisturization while providing broad spectrum protection. Water resistant (up to 80 minutes), no white cast, dermatologist-tested, hypoallergenic and non-comedogenic.

sheer mineral sun protection



9.69

Alba Botanica
SPF 30 Sheer Mineral Sunscreen
Lotion
3 fl. oz.



9.69

Alba Botanica
SPF 50 Sheer Mineral Sunscreen
Lotion
3 fl. oz.



11.69

Alba Botanica
SPF 30 Sheer Mineral Sunscreen
Spray
5 fl. oz.



5.99

Alba Botanica
Acnedote Pimple Patches
40 ct.



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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