

fresh deals

AUG 26 - SEP 1, 2026

Perfect for
school lunches!



3.99 /bag
Organic Gala Apples
USA grown • 3lbs



4.99
Organic Brown Turkey
or Black Mission Figs
USA grown • 8 oz



2.99 /lb
Organic
Slicer Tomatoes
USA grown



Everyday Low Price!



2.99
Lewis Bake Shop
1/2 Loaf Bread
Evansville, IN • 12 oz



11.99 /lb
Ferndale
Smoked Turkey
Cannon Falls, MN



6.99
Andrew & Everett
String Cheese
Greenville, WI • 8 oz



save \$3/lb
Organic
In-shell Pistachios
Roasted & Salted
Bulk Bin

**we made
you dinner!**

AUG 26 - SEP 1

Chicken Pelau
Zucchini Feta Bake (vegetarian)
Red Curry Lentils (wheat-free & vegan)
4-Cheese Mac & Cheese (vegetarian)



owners save more

AUG 26 - SEP 1, 2026

3.99

regularly 7.69

PB2
Powdered Peanut Butter
6.5 oz



6.99/ea

regularly 7.99/ea

Del Real
Organic Medjool or
Coconut Date Rolls
USA grown • 12 oz



4.99

regularly 5.99

Greek Gods
Yogurt
24 oz



15.99

regularly 19.99

RedFish Co
Frozen Farm Raised
Tilapia Fillets
Sustainably Raised • 2 lb



2.79/lb

regularly 4.79/lb

Organic
Red Lentils
Bulk Bin



3.99/lb

regularly 4.79/lb

**Organic Green, Red,
or Thomcord**
Seedless Grapes
USA grown



1.99/bunch

regularly 2.49/bunch

**Organic Green, Red,
or Lacinato Kale**
Wisconsin grown



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

co+op deals®

AUG 19 - SEP 1, 2026

go-to treats for all →

There's a lot to love about summertime: plenty of outdoor time, get-togethers and good vibes. A sweet dessert can complete the day, and GoodPop's frozen treats are an ideal option. They're made without artificial dyes — only fruit and real ingredients. Find them on sale at the co-op for your end-of-summer adventures!



Buy One, Get One

FREE

Goodpop
Frozen Novelties
9-14.1 fl. oz.
Select varieties



Buy One, Get One

FREE

Alter Eco
Organic Chocolate Bars
2.65-2.96 oz.



Buy One, Get One

FREE

Annie's
Mac & Cheese
5.25-6 oz. • Select varieties



Buy One, Get One

FREE

The Good Crisp
Potato Crisps
4-5.6 oz.



Buy One, Get One

FREE

special offers inside! →





Buy One, Get One
FREE
The Humble Co.
Toothpaste Tablets
60 ct.

COOPERATIVELY OWNED



Buy One, Get One
FREE
Aura Cacia
Kids Foam Bath
2.5 oz.



Buy One, Get One
FREE
Desert Essence
Toothpastes
6.25 oz.



Buy One, Get One
FREE
Mineral Fusion
Mascaras
.3 fl. oz.
Only available at Mequon location



Buy One, Get One
FREE
Preserve
Razor Shave 5 Systems
each



Buy One, Get One
FREE
MegaFood
Turmeric Curcumin
60 ct.

Amazing deals x 2!



Buy One, Get One

FREE

Solaray
Magnesium Glycinate
350mg
120 ct.



Buy One, Get One

FREE

Country Life
Vitamin D3 5000IU
200 ct.



Buy One, Get One

FREE

Enzymedica
Digest Gold
90 ct.



Buy One, Get One

FREE

Kite Hill
Plant-based Yogurts
5.3 oz. • Select varieties



Buy One, Get One

FREE

Bitchin' Sauce
Almond Dips
7-8 oz.



Buy One, Get One

FREE

Little Northern
Bakehouse
Gluten-free Breads
16-17 oz.

Double up on your favorite products!



Buy One, Get One
FREE

So Delicious
Plant-based Frozen Desserts
1 pt.



Buy One, Get One

FREE

Crofter's
Organic Premium
Fruit Spreads
10-16.5 oz.



Buy One, Get One
FREE

Sir Kensington's
Classic Mayonnaise
12 fl. oz.



*big sausage
flavor!*

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

Buy One, Get One

FREE

Beyond
Plant-based Sausages
10.6-14 oz.
Brats or Hot Italian varieties

More for less? Definitely yes.

coop basics everyday low price



1.99 Field Day Organic Pasta 16 oz.

USDA ORGANIC

coop basics everyday low price



3.49 Field Day Organic Pasta Sauce 24 oz.

USDA ORGANIC

coop basics everyday low price



3.99 Field Day Organic Herbs & Spices .15-2.5 oz

USDA ORGANIC

more for less

FIND SAVINGS ON MORE PRODUCTS

We're always adding new ways to save with Co-top Basics.



coop basics

coop basics everyday low price



4.29 Field Day Organic Applesauce 24 oz.

USDA ORGANIC

coop basics everyday low price



3.39 Field Day Multi Grain Snack Bars 7.9 oz.

coop basics everyday low price



1.69 Field Day Organic Canned Beans 15 oz.

USDA ORGANIC

coop basics everyday low price



5.99 Field Day Organic Jumbo Red Seedless Raisins 15 oz.

USDA ORGANIC

coop basics everyday low price



2.79 Field Day Organic Classic Unsweetened Coconut Milk 13.5 fl. oz.

USDA ORGANIC

coop basics everyday low price



2.99 Field Day Albacore Tuna 5 oz.

Everyday low prices on hundreds of items • Only at your local co-op!

dairy-free
goodness

Inspired by a passion for plant-based goodness, these dairy-free favorites deliver smooth, spoonable deliciousness crafted with care. Made through thoughtful fermentation and blended with responsibly sourced ingredients, they reflect a commitment to mindful production and a lighter impact on the planet.



4/\$7

So Delicious
Coconutmilk Yogurts
5.3 oz.



4.99

Silk
Organic
Unsweetened
Soy milk
64 oz.



5.39

So Delicious
Organic Coconutmilk
64 fl. oz.

crafted with less

Simple ingredients.
No artificial anything.
Just high-quality
protein in every
satisfying cup —
made the way yogurt
should be.



4/\$5

Siggi's
Skyr Yogurts
4.4-5.3 oz.



5.29

Green Valley
Lactose-free Yogurt
24 oz.



3.99

Rebbl
Organic Plant-
based Shake
12 fl. oz.



COOPERATIVELY OWNED

5.99

Organic Valley
Grassmilk
59 fl. oz.
LaFarge, WI



6.99

Meyenberg
Plain Goat
Milk Kefir
32 fl. oz.

Brighten your morning with these deals.



3.99

Honey Mama's
Truffle Bar
2.5 oz.



← yogurt worth believing in

When it comes to kids' yogurt, we've got more to believe in. Always organic and made with ingredients you can trust.

4.49

Stonyfield Organic
Kids Yogurt Tubes
8 pk.-2 oz.



everyday low price

4.69

Wild Harvest
Organic
Whole Milk
64 oz.



3.99

Green Valley
Organic
Lactose-free
Sour Cream
12 oz.

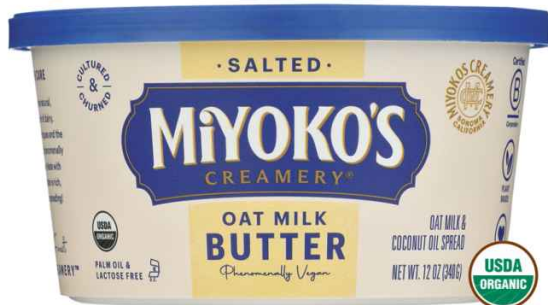


4.39

Goodbelly
Probiotic Drink
32 fl. oz.

creamery reimagined →

Inspired by classic creamery methods and reimagined through plant-based craftsmanship, combining thoughtfully sourced oats with a precision-focused process.



5.49

Miyoko's Creamery
Organic Oat Milk Butter
12 oz.



4.79

Kalona Super
Natural
Organic Whole
Milk Yogurt
24 oz. • Kalona, IA



6.99

Just
Plant-based Eggs
16 fl. oz.

Find deals on food you love at the co-op.



4.99

Malk
Organic Plant-based Milk
28 fl. oz.



4.49

Silk
Plant-based
Creamer
32 fl. oz.



5.99

Egglife
Egg White
Wraps
6 oz.



3.99

Silver Hills
Sprouted Bread
15-22 oz.



4.99

Good Karma
Flaxmilk
64 fl. oz.



*the original organic
cold brew*

Handcrafted and steeped for 10 hours
using meticulously air roasted, certified
organic Arabica beans — we've
cracked the code on the smoothest,
boldest cold-brew ever.

8.49

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



5.99

Califia Farms
Cold Brew Coffee
48 fl. oz.

Iced coffee and more for a perfect summer day.



3/\$10

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



2/\$8

Cascadian Farm
Organic Fruits
10 oz.



new

2.99

Greenfield
Natural Meats Lunch Packs
2.9 oz.



7.49

Feel Good Foods
Appetizers
6-10 oz.



6.99

Smart Chicken
Tenderloins
per lb.



local

8.99

Thousand Hills
100% Grass Fed
Summer Sausage
10 oz. • Becker, MN



4.99

Applegate
Pork Bacon
8 oz.



5.49

Applegate
Fully Cooked
Uncured Bacon
2.52 oz.



6.99

Applegate
Organic Ham or
Chicken Lunchmeat
6 oz.



changing the
meat we eat

At **Applegate**, we're obsessed with standards. Our natural and organic meats are made with thoughtfully sourced ingredients and produced with responsible farming practices that support people, animals and the planet.

Plan your meals around these deals.



2.49

Clean Cause
Organic Yerba Mate
16 fl. oz.



2/\$5

Lifeaid
Functional
Beverages

12 fl. oz. • Focus Aid, Fit Aid, or
Immunity Aid



2/\$4

Just Ice Tea
Organic Teas
16 fl. oz.



5.49

Tony's Chocolonely
Chocolate Bar
6.35 oz.



simple should be delicious

Hu unites simple ingredients
with unbeatable taste. Dive into
delicious, organic chocolate
made with no weird
ingredients. Ever. Your taste
buds will thank you.

4.49

Hu
Organic Chocolate Bar
2.1 oz.



no seed oils

3.99

Kettle Brand
Sea Salt Chips made
with Avocado Oil
6 oz.

Sips and snacks, naturally.



5.99

Credo Foods
Plant-based
Queso Dip
11 oz.
Medium or Blanco



2/\$6

Barbara's
Cheese Puffs
5.5-7 oz.



no
seed
oils

3.29

Boulder Canyon
Thin & Crispy
Potato Chips
6 oz.



3.99

Siete
Grain-free
Cookies
4.5 oz.

no seed oils



3.29

Wasa
Crispbread
4.9-9.7 oz.



4.49

Vita Coco
Coconut Water
33.8 fl. oz.
Pure or Pressed



2/\$5

Vita Coco
Coconut Water
16.9 fl. oz.
Pure or Pressed



4.79

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

no seed oils



Air-popped to light, fluffy perfection. Organic popcorn with avocado oil and Himalayan salt — simple ingredients, bold flavor and a snack that keeps things clean without holding back.

2/\$6

LesserEvil
Organic Popcorn
4.6-6.4 oz.



4.99

Newman's Own
Newman O's
Sandwich
Cookies
13 oz.



3.99

LesserEvil
Moonions
6 oz.

no seed oils

The best snacks for less are at the co-op.



7.49

R.W. Knudsen

Just Juices

32 fl. oz. • Pomegranate, Blueberry, Cranberry, or Prune varieties

your favorite plant milks

You can enjoy your favorite organic, non-GMO, lactose-free, dairy-free, gluten-free beverage with our West Life soymilk with nine grams of protein.

3.49

West Life

Organic Soymilk

32 fl. oz.



4.49

Puffins Cereal
10-11 oz.



4.79

Santa Cruz Organic White Grape Juice
32 fl. oz.



organic values

Choosing Organic means you're making the best choice for your health and family and also our planet. Our unique ECO-PAC is a larger, recyclable bag. No box, but all your values!

8.99

Nature's Path Organic Cereal

26.4-32 oz. • Select varieties

INCLUSIVE TRADE PARTNER



5.99

Archer Original Beef Jerky
2.5 oz.



5.99

Kodiak Cakes Protein Flapjack & Waffle Mix
20 oz.

Begin your days with deals from the co-op.



5.99

Clif
Organic Zbars
6.35-7.62 oz.



2/\$5

Aloha
Organic Protein Bars
1.98 oz.



3.99

MadeGood
Organic
Granola Bars
4.25-5.3 oz.



4.79

One Degree
Organic Foods
Sprouted Rice
Cereal
8-10 oz.



3.99

Solely
Organic Whole
Fruit Gummies
5 pk.-7 oz.



tasty snacks

From your morning commute to afternoon errands and long walks, KIND makes everyday snacks with ingredients you know and flavors you'll actually want to eat.

3/\$5

Kind
Fruit & Nut Bars
1.4 oz.

INCLUSIVE TRADE PARTNER

Catalina Crunch is a diverse-owned brand. Our products satisfy your sweet tooth but aren't loaded with sugar and empty carbs.



6.99

Catalina Crunch
Keto Cereal
8-9 oz.

Fuel up for active days ahead.



12.99

Graza
Sizzle Extra Virgin
Olive Oil
750 ml



*artisan crafted,
gluten free*

NOW Regenerative Organic Certified®! Crafted in Italy with traditional methods, Jovial Brown Rice Pasta delivers award-winning gluten-free taste, firm texture and 57 grams of whole grains per serving.

3.99

Jovial
Organic Brown Rice Pasta
12 oz.



INCLUSIVE TRADE PARTNER



2/\$6
A Dozen Cousins
Ready-to-Eat
Beans
10 oz.



3.79
Tasty Bite
Entrées
7-10 oz.

full-out flavor

For the love of flavor all day long. Effortless hydration with nothing to count — zero calories, sugar or sweeteners.

5.49

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



3.99

Jovial
Organic Tomatoes
in Glass Jars
18.3 oz. • Diced or Crushed

Everyday ingredients for easy recipes.



9.99

Schmidt's
Deodorant
2.65 oz.



19.99

Smartypants
Organic Kids Multi &
Omegas Gummies
120 ct.



25.99

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



32.99

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

INCLUSIVE TRADE PARTNER

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



13.49

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

*supplements
with integrity*

For over 50 years, **Solaray** has put quality at the center of everything we do. From global sourcing to Utah-based manufacturing, every ingredient in each of our 700+ supplements is triple-tested to ensure purity, potency and consistency in every bottle.



26.99

Solaray
Women's Mycrobioime
Complete Probiotic
30 ct.



11.99

Solaray
Cranactin
60 ct.



13.99

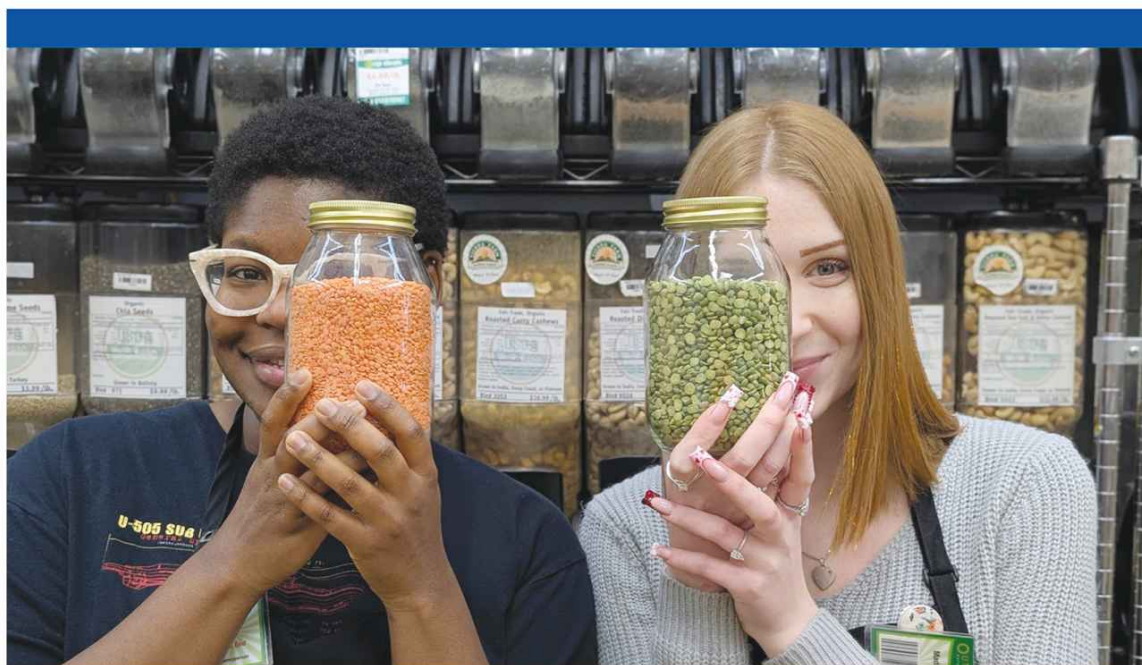
Solaray
Vitamin D3 + K2
60 ct.



21.99

Solaray
D-Mannose
with CranActin
60 ct.

Feel your best inside and out.



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

Buy a little or a lot.

Savings for every budget when you shop our bulk aisle.

spices, oats, lentils, rice, nuts, coffee, flour, granola + much more

outpost.coop



3.79

Seventh Generation
Liquid Dish Soap
19 fl. oz.



6.99

Seventh Generation
Cleaning Wipes
70 ct.



9.99

Seventh Generation
100% Recycled Bath
Tissue
12 ct.



13.99

Seventh Generation
Liquid Laundry
Detergent
23.1-90 fl. oz.



*clean - without
anything extra*

Seventh Generation delivers a powerful clean that gets the job done and leaves nothing behind. Be extra when you want to be. Just don't do extra where it doesn't belong.



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.



MW0826B