

fresh deals

OCTOBER 7 - 13, 2026



5.99

Sommers Provisions
Organic Grassfed 85/15 Ground Beef
16 oz



2.99

Brioche Gourmet
Hamburger Buns
Original or Sesame seeded
4 ct



5.09-6.29

Andrew & Everett
Sliced Cheese
Greenville, WI
7 oz



2.99

Organic
Raspberries
USA grown
6 oz



1.49 /lb

Organic
Bartlett Pears
USA grown



3.59

Klarbrunn
Sparkling Water
8 pk • 12 oz



2.99

Outpost
Apple Butter
Cheesecake

we made
you dinner!
OCT 7 - 13

Hearty Chicken Stew
Turkey Shepherd's Pie
Red Curry Lentils (wheat-free & vegan)
4-Cheese Mac & Cheese (vegetarian)



owners save more

OCTOBER 7 - 13, 2026



4.99

regularly 6.99

Organic Strawberries

USA grown • 16 oz



4.99/bag

regularly 6.99/bag

Clementines

Chile grown

3 lb bag



2.79/lb

regularly 3.29/lb

Organic Garnet or

Orange Sweet Potatoes

USA grown



5.99/lb

regularly 6.99/lb

Sunridge Farms

Organic Raspberry Granola

Bulk Bin



3.99

regularly 5.49

Planet Oat

Oat Milk

52 oz



4.49

regularly 4.99

Outpost

Pumpkin Spice

Breakfast Cookies



4.99/lb

regularly 6.99/lb

Outpost

Pork Breakfast

Sausage



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals

SEP 30 - OCT 20, 2026

fabulous fall meals

GATHER AROUND

When the air starts to get a little cooler, gather the family around for a warm fall meal. Maya Kaimal Tikka Masala Simmer Sauce is the perfect ingredient for a cozy weeknight dinner — and it's on sale at the co-op now!



4.99

Maya Kaimal
Indian Simmer Sauce
12.5 oz.



2/\$5

Near East
Side Dish Mixes
5.25-10 oz.



4.99

Laoban
Dumplings
8 oz.



5.49

Smart Chicken
Boneless &
Skinless Breasts
per pound

good for you
good for your budget



3.99

Equal Exchange
Organic Chocolate
Bar
2.8-3.5 oz.



2/\$7

Equal Exchange
Organic Teas
20 ct.



7.99

Equal Exchange
Organic Baking or
Hot Cocoa
8-12 oz.



10.99

Equal Exchange
Organic Regular
Roast Coffee
10-12 oz.

*building a
cooperative
economy*

COOPERATIVELY OWNED

Directly from farmer cooperatives to the **Equal Exchange** worker-owned cooperative to your local food co-op: Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound. Support our beautiful cooperative supply chain this Co-op Month!

October is Co-op Month!
Co-ops Build Community



Meet cooperatively owned brands

exceptional flavor, responsibly sourced



COOPERATIVELY OWNED

Pure, sustainably sourced vanilla with rich, authentic flavor and never artificial. Frontier Co-op® brings out the best in every recipe.

9.99

Frontier Co-op
Organic Vanilla Extract
or Flavoring
2 fl. oz. • Norway, IA



COOPERATIVELY OWNED



5.49

Organic Valley
Cottage Cheese
16 oz.
La Farge, WI

Co-ops support economic empowerment.

We carefully blend watermelon juice with other simple and natural ingredients, never using heat in our processing to protect that delicious watermelon taste and all the benefits nature has to offer.



4.79

Wtrmln Wtr
Cold Pressed Watermelon Juice
12 oz.



good. honest. organic.

Made from 100% organic milk from pasture-raised cows on family farms, Stonyfield Organic Whole Milk Yogurt is a good source of protein that supports immune and digestive health when eaten regularly as part of a healthy diet.

4.79

Stonyfield Organic
Yogurt
32 oz.



2.29

Meyenberg
Goat Yogurt
6 oz.



4.99

Malk
Organic Plant-based Milk
28 fl. oz.



COOPERATIVELY OWNED

5.79

Organic Valley
Creamer
32 fl. oz.
La Farge, WI

hot Italian

This meaty, easy-to-make hot sausage packs delicious heat and authentic Italian flavor into each bite. Powered by avocado oil.



7.99

Beyond
Plant-based Sausages
14 oz.



5.99

Bizzzy
Organic Cold Brew Coffee
48 fl. oz.
Minneapolis, MN



8.99

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

Fall for these delicious deals.



4/\$5

Chobani
Greek Yogurts
5.3 oz.

feel alive inside

At KeVita, we believe when your gut's off, your whole world is off. We create vibrant, organic and non-GMO beverages with live probiotics that make wellness accessible, enjoyable and sustainable for all.

2/\$6

KeVita
Organic Pre or Probiotic Drinks
15.2 fl. oz.



6.29 **Kite Hill**
Plant-based
Cream Cheese
8 oz.



4.99
Ripple
Plant-based Milk
48 fl. oz.



4.49
Upton's Naturals
Seitan
8 oz.
Chicago, IL

ALIVE mood + mind

INCLUSIVE TRADE PARTNER

GT's Living Foods is a family- and LGBTQIA+-owned brand. Enjoy a sparkling reset for your mood and mind with added adaptogens and nootropics to help support your nervous system, naturally. Clear your mind. Calm your body. Uplift your spirit.

2/\$6

GT's
Alive Elixirs
16 fl. oz.



7.49
Kite Hill
Plant-based Ricotta
8 oz.

Kick off the day with your morning essentials.



7.99

Uncle Matt's Organic
Juice
52 fl. oz.



5.49

Good Planet Foods
Mozzarella Shreds
and Cheddar Shreds
7 oz.



5.99

Bellwether Farms
Organic Whole
Sheep's Milk
Yogurt
16 oz.



4.99

Quorn
Meat Alternative
8.5-12 oz.



6.49

Glutino
Gluten-free
English Muffins
16.9 oz.



2/\$6

Nature's Path
Organic
Frozen Waffles
7.4 oz.



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

Solid options for busy days.



2/\$6

Amy's
Burritos
5.5-6 oz.
Select varieties



3.99

Amy's
Macaroni &
Cheese
9 oz.



5.99

Amy's
Frozen Meals
8.25-10.3 oz.
Select varieties



8.99

Amy's
Frozen Pizza
13-14 oz.

homemade
goodness for
everyone

All of Amy's delicious meals, pizzas, and burritos are made with organic ingredients and real care to satisfy every craving.



everyday low price

5.49

Field Day
Frozen Potatoes
16-24 oz.



7.99

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



5.29

Food for Life
Organic Ezekiel 4:9 Bread
24 oz.
Sesame or Low Salt Bread

certified gluten free

Indulge in the delicious taste, soft texture and large slices; you won't believe it's gluten-free bread.

5.99

Udi's Gluten Free
Sliced Bread
12 oz.



2.79

Woodstock
Organic Frozen Vegetables
10 oz.
Select varieties

Frozen staples for anytime meals and snacks.



2/\$7

**Kettle Brand
Potato Chips**
5 oz.



2.29
**Harvest Snaps
Snacks**
2.5-3.3 oz.



2/\$7
**Frontera
Salsas**
16 oz.
Chicago, IL



2.79
**Recess
Sparkling
Relaxation
Beverage**
12 fl. oz.



4.39
**Siete
Tortilla Chips**
7.5 oz.

no seed oils



2.99
**Pirate Brands
Aged White
Cheddar Puffs**
4 oz.



2/\$5
**Clean Cause
Organic Yerba
Mate**
16 fl. oz.



4.99
**Flackers
Organic
Crackers**
4-5 oz.
Minneapolis, MN



uniquely delicious

Sweet potato. Parsnip. Batata. Kettle potato. Flavor that's made to stand out.

2/\$6

**Terra
Vegetable Chips**
5 oz.



4.29

**Simple Mills
Crunchy Chocolate
Chip Cookies**
5.5 oz.

Cozy fall snacks are at the co-op.



2/\$5

Epic
Meat Bars
1.3-1.5 oz.



2/\$5

Blue Diamond
Almondmilk
32 fl. oz.



4/\$5

Bob's Red Mill
Oat Bars
1.76 oz.



6.99

Cappello's
Buttermilk
Biscuits
12.1 oz.



4.29

Minor Figures
Barista Oatmilk
32 fl. oz.



2/\$8

Cascadian Farm
Organic Frozen
Fruits
8-10 oz.



2/\$9

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



4/\$5

Four Sigmatic
Organic Elixir
Mix
0.1 oz.



4.49

R.W. Knudsen
Juice Blend
32 fl. oz.



5.99

Applegate
Pork Sunday Bacon
8 oz.



5.49

Dave's Killer Bread
Organic Thin-Sliced
Bread
20.5 oz.



7.79

Bob's Red Mill
Organic Gluten-free
Rolled Oats
28-32 oz.



14.99

Four Sigmatic
Organic Coffee
with Mushrooms
10 oz.

All your breakfast favorites are at the co-op.

INCLUSIVE TRADE PARTNER

GoMacro is a woman-owned company. We make plant-based nutrition bars accessible nationwide with delicious recipes.



2.69 GoMacro
Organic Bar
2-2.4 oz.
Viola, WI

wellbeing starts within

When you enjoy a cup of Yogi tea, you commit to your wellbeing and to that of our planet.

3.99
Yogi
Herbal Tea Blends
16 ct.



2/\$3
Epic
Meat or Seafood
Strips
.8 oz.



2/\$5
Aloha
Organic Protein
Bars
1.98-2.2 oz.



4.79
Quinn
Filled Pretzels
5-7 oz.

herbal wellness within reach



Traditional Medicinals uses high-quality organic ingredients sourced through fair trade practices, investing in the ecosystems where plants thrive and the communities that steward them.

5.39
Traditional Medicinals
Organic Herbal Tea
16 ct.



3/\$5
Kind
Fruit & Nut Bars
1.4 oz.

Cozy fall deals are at the co-op.



3.49

Safe Catch
Elite Wild Tuna
5 oz.



4.39

Pacific Foods
Organic Soup
32 fl. oz.



2/\$8

Pacific Foods
Organic Soup
16.1 oz.



2/\$4

C2O
Coconut Waters
17.5 fl. oz.



14.99

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



2.99

Pacific Foods
Organic
Condensed
Cream Soup
10.4-10.5 oz.



3.29

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



2.29

Mike's Mighty Good
Ramen Soup Pack
or Cup
1.6-2.4 oz.



3.99

Amy's
Soup
13.65-14.7 oz.



4.99

Nixie
Organic Sparkling
Water
8 pk.-12 fl. oz.



4.49

Rao's
Soup
15.25-15.5 oz.



Budget-approved everyday ingredients.



4.49
Woodstock
Organic Olives
8.4-8.5 oz.



6.99
Rao's
Pasta Sauce
24 oz.



2/\$6

Muir Glen
Organic Tomatoes
28 oz.



3.99
Ocean's Halo
Sushi Nori
Seaweed Sheets
1 oz.



3.49
Ocean's Halo
Spring Roll
Wraps
4.2 oz.



4.69
Magic Chocolate
Organic
Chocolate Bar
2.93-3 oz.



a premium pour

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

17.99

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



3.99
San-J
Cooking Sauce
10 fl. oz.



4.99
Organicville
Organic Salad
Dressing
8 fl. oz.



Upgrade your meals with Co+op Deals.



10.49

Jason
Body Wash
30 fl. oz.



4.99

Nubian Heritage
Bar Soap
5 oz.



15.99

Weleda
Skin Food Cream
2.5 fl. oz.



7.69

Nubian
Heritage
Deodorant
2.25 oz.



9.49

Schmidt's
Deodorant
2.65 oz.

*powered by
nature, proven
by science*

At **ACURE**, we have one simple mission: to make clean beauty products accessible. Through ongoing product development and rigorous clinical trials, we've developed skincare, haircare and body care that's powerful for the skin and respectful to the planet.



6.49

Acure
Brightening
Cleansing Gel
4 fl. oz.



6.99

Acure
Brightening
Facial Scrub
4 fl. oz.



11.99

Acure
Brightening
Day Cream
1.7 fl. oz.



5.99

Acure
Shampoo or
Conditioner
8 fl. oz.

Quality body care for less.



3.99

**Aura Cacia
Sweet Almond
Oil**
4 fl. oz.

refresh your smile

Simple ingredients that work! Baking soda and minerals help whiten teeth while removing plaque. Organic menthol crystals freshen breath. Fluoride-free and SLS-free, no carrageenan and 70% organic ingredients! Certified vegan and cruelty-free!



4.99

**Dr. Bronner's
All-One Toothpaste**
5 oz.



4.49

**DrTung's
Smart Floss**
30 yd.



5.29

**Dr. Bronner's
Pure Castile
Liquid Soaps**
8 oz.



purity in every drop

Freshen your laundry naturally by adding three drops of Lavender Essential Oil to each wool dryer ball. Enjoy a clean, calming aroma from 100% pure essential oil.

7.99

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

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.



14.99

**Ecos
Liquid Laundry Detergent**
100 fl. oz. • Addison, IL

Gentle on the planet and your budget.



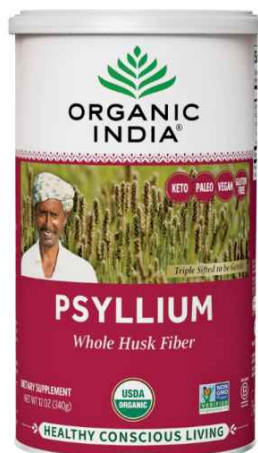
4.99

The Ginger People
Ginger Juice
5 fl. oz.



7.69

Bach
Rescue Remedy
Pastilles
35 ct.



the fiber upgrade

Elevating an everyday essential with Certified Organic ingredients grown on small family farms and thoughtfully crafted without fillers or artificial additives, for fiber done right.

11.49

Organic India
Psyllium Husk Fiber
10-12 oz.



Big savings on supplements at the co-op.
Wellness for the family.



9.99

Hyland's Naturals
Calms Forte
Sleep Aid
100 ct.



7.99

Manitoba Harvest
Organic Hemp Hearts
7 oz.



13.99

Country Life
Multivitamin Honey
Gummies
60 ct.



21.99

Barlean's
Organic Flax Oil
16 fl. oz.

Immune system boosts made easier.



19.99

Enzymedica
Digest Gold
45 ct.

consciously crafted!

Tested for ultimate purity, our individually wrapped chews blend organic ingredients with sustainable sourcing. It's clean, eco-friendly wellness crafted with deep respect for the planet.

9.99

MegaFood
Relax + Calm Magnesium Chews
30 ct.



31.99

MegaFood
Collagen Peptides
20 oz.



32.99

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



*ancient wisdom,
modern science*

Ancient Nutrition supports regenerative agriculture practices that sequester carbon, encourage biodiversity and nurture nutrient rich soil — honoring the deep connection between human health and the health of our planet.

25.99

Ancient Nutrition
ROC Probiotics
30 ct.



21.99

Country Life
Coenzyme B-Complex
120 ct.

Fall wellness savings are at the co-op.

happening this month at your co-op:



October round up

The Gerald L. Ignace Indian Health Center is a full-service health care facility and medical clinic predominantly serving Milwaukee's Native American community, though all are welcome.

Their mission is to provide comprehensive and culturally sensitive health care for the whole family and providers strive to improve the health, peace and well-being of those seeking help in our community.

Learn more at gliihc.net



Saturday, October 10

11am - 4pm • at our Mequon location only!



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



4/\$6

Annie's
Mac & Cheese
5.25-6 oz.



2/\$8

Annie's
Organic Bunny
Grahams or Crackers
7-7.5 oz.



3.99

Annie's
Chewy Granola Bars
5.34 oz.



4.99

Annie's
Organic Snack
Mix
9 oz.

*yum for
everybunny*

Hop into **Annie's** favorites made with more yum in mind. From easy meals to fun snacks, Annie's brings wholesome, organic choices that make lunches, snack time and weeknight dinners a little more joyful.



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.



MW1026A