

fresh deals

OCT 28 - NOV 3, 2026



local

3.99/lb

Miller Poultry
Natural Bone-In Split Chicken Breast
Orland, IN



2.29/lb

Organic
Cosmic Crisp or
Honeycrisp Apples
USA Grown



1.69/lb

Organic
Bartlett, Bosc, or
Red D'Anjou Pears
USA Grown



2.99/lb

Lotus Foods
Fair Trade Organic
Jasmine Rice
Bulk Bin • Brown or White



2.49/lb

Organic
Red Lentils
Bulk Bin

High Protein



3.99

Huel
Meal Replacement
Beverage
16.9 oz



7.29

Pasture Pride
Sharp Cheddar Cheese
16 oz • Cashton, WI

we made
you dinner!

OCT 28 - NOV 3

Old Fashioned Beef Stew
Sweet Potato Lasagna (vegetarian)
Chickpea Dumplings with
Collard Greens (wheat-free & vegan)
4-Cheese Mac & Cheese (vegetarian)



owners save more

OCT 28 - NOV 3, 2026



3.99 /bag
regularly 6.99/bag
Clementines
3lb Bag • Chile Grown



2.49 /lb
regularly 3.29/lb
Organic
Garnet or Orange
Sweet Potatoes
USA Grown



2.99
regularly 3.99
Organic
Mini Cucumbers
6 ct • Mexico Grown



2.19 /lb
regularly 2.79/lb
Doudlah Farms
Organic Popcorn
Bulk Bin • Yellow or White
Evansville, WI



6.99
regularly 7.49
Marieke
Gouda Cheese
Assorted Varieties
5 oz • Thorp, WI

Find it in the fridge!



6.99
regularly 7.99
Mama's Boy
Salsa
Assorted Varieties
16 oz • Cudahy, WI



4.99
regularly 5.99
Pasqual's
Seasoned Corn
Tortilla Chips
13 oz • Madison, WI



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals[®]

OCT 21 - NOV 3, 2026



Buy One, Get One

FREE

Nancy's
Organic Cream Cheese
8 oz.



Buy One, Get One

FREE

Beyond
Breakfast Sausage
9.7 oz.



Buy One, Get One

FREE

Hippeas
Chickpea Snacks
3.75-5 oz.



Buy One, Get One

FREE

Siete
Beans
15.5-16 oz.



Buy One, Get One

FREE

Lily's
Chocolate Bars
2.8-3 oz.



Buy One, Get One

FREE

special offers inside!





Buy One, Get One

FREE

Liquid I.V.
Hydration Multiplier
Drink Mixes
4.58-5.65 oz.



Buy One, Get One

FREE

Life-Flo
Pure Magnesium Oil
8 fl. oz.



Buy One, Get One

FREE

Desert Essence
Tea Tree Oil
2 fl. oz.



Buy One, Get One

FREE

Natural Factors
Organic Oil of Oregano
1 fl. oz.



Buy One, Get One

FREE

Quantum Health
Zinc Elderberry
Lozenges
14-18 ct.



Buy One, Get One

FREE

Solaray
D-Mannose with
CranActin
60 ct.

Welles deals x 2!



Buy One, Get One
FREE

Artisana
Organic Raw Tahini
14 oz.



Buy One, Get One
FREE

Frontera
Cooking Sauces
8 oz.



Buy One, Get One
FREE

Lotus Foods
Rice Ramen
2.8 oz.



Buy One, Get One
FREE

Bitchin' Sauce
Almond Dips
7-9 oz.



Buy One, Get One
FREE

Orgain
Organic Plant-based
Protein Powders
32.4 oz.

INCLUSIVE TRADE PARTNER

Chickapea is a woman-owned company providing nutritious, convenient family meal options using organic chickpeas and lentils in their ingredients.



Buy One, Get One
FREE

Chickapea
Organic Chickpea Pastas
8 oz.

Double the delicious with BOGO deals.



13.99

Equal Exchange
Organic Regular Roast Coffee
10-12 oz.
or per pound in bulk

coop basics®



2.49

Fair Trade Organic
Cane Sugar
per pound in bulk



2.29

Organic Green
Split Peas
per pound in bulk



4.79

Grassland
Sweet Cream Butter
16 oz.
Greenwood, WI



4.69

Wild Harvest
Organic Milk
64 fl. oz.



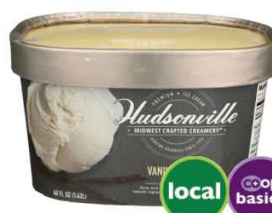
3.79

Simple Soyman
Original Tofu
16 oz.
Milwaukee, WI



1.59

Odyssey
Greek Yogurt
5.3 oz.
Monroe, WI



6.99

Hudsonville
Ice Cream
48 oz.
Holland, MI



2.99

Miller
Whole Fresh Chicken
per pound
Orland, IN

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



2.99

Field Day
Organic Pizza Sauce
14 oz.



3.49

Field Day
Organic Gluten-free
Brown Rice Pasta
12 oz.



2.29

Field Day
Organic Fire Roasted
Diced Tomatoes
14.5 oz.

save every day

BUDGET-FRIENDLY PRICES

Save on meal essentials with Co+op Basics.



2.49

Field Day
Skipjack Chunk Light
Tuna in Water
5 oz. • with or without salt



2.99

Field Day
White Albacore
Tuna in Water
5 oz. • with or without salt



3.99

Field Day
Organic Canned
Soup
18.6 oz.



5.49

Field Day
Organic Frozen
Fries
24 oz.
Crinkle Cut or Shoestring



3.99

Field Day
Organic Bread
Crumbs
15 oz.
Original, Italian, or Panko



3.99

Field Day
Parchment Paper &
Aluminum Foil
45-50 sq. ft.

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



5.99

Smart Chicken
Party Wings
per pound



4.39

Honey Mama's
Truffle Bar
2.5 oz.



3/\$4

Fage
Greek Yogurts
5.3 oz.

COOPERATIVELY OWNED



4.99

Organic Valley
Shredded Cheese
6 oz.
LaFarge, WI

COOPERATIVELY OWNED



5.99

Organic Valley
Raw Block
Cheese
8 oz.
LaFarge, WI



*crafted
with less*

No artificial anything. **Siggi's** products have no added colors, no artificial sweeteners and no artificial flavors. Siggi's is fully committed to making delicious products with simple ingredients and not a lot of sugar, always.



4/\$5

Siggi's
Skyr Yogurts
4.4-5.3 oz.



2/\$4

Siggi's
Plant-based
Coconut Yogurts
5.3 oz.



5.99

Siggi's
Skyr Yogurt
24 oz.

Make room for your favorites in the fridge.



2/\$6
Cascadian Farm
Organic Frozen
Vegetable Blends
10 oz.



4/\$7
Mush
Overnight Oats
5 oz.
Select varieties



3.29
Van's
Frozen Pancakes
or Waffles
9-12.4 oz.



2/\$8
Woodstock
Organic Frozen Mango
10 oz.



5.69
Oatly
Barista Edition
Oat Milk 64 Oz
65 oz.



4.99
Good Karma
Flaxmilk
64 fl. oz.



5.29
Laird Superfood
Organic Liquid
Creamer
22 fl. oz.

where flavor
begins

INCLUSIVE TRADE PARTNER

Crafted by an Indian-owned family company, our meals start with freshly ground spices, scratch-made sauces and recipes inspired by generations of home cooking.



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



6.49
Canyon Bakehouse
Gluten-free Bread or Bagels
14-18 oz.

Nutritious and delicious all day long.



2/\$3
Solely
Organic Fruit
Jerkies
.8 oz.

crafted for life's little wins

At R.W. Knudsen we KRUSH only the very best ingredients so you can KRUSH everything you do. Enjoy your favorite R.W. Knudsen 100% juice unsweetened products!

5.49

R.W. Knudsen
Pineapple or
Concord Grape Juice
32 fl. oz.



5.99
Clif
Organic Zbars
or Bites
6.72-7.62 oz.



3.99
Choice Organics
Tea
16 ct.



6.99
Food for Life
Organic Cereal
16 oz.



*more organic,
less waste*

Our unique ECO-PAC is a larger, recyclable bag without the box, which helps us to eliminate unnecessary waste, and we pass the savings on to you, offering you the best value, organically!

8.99

Nature's Path Organic
Cereal
26.4-32 oz.

INCLUSIVE TRADE PARTNER

Seven Sundays is a woman-owned company. Inspired by muesli enjoyed on a trip to New Zealand, the desire to flip the cereal aisle on its head started with a booth at the Minneapolis Farmers Market.



5.99
Seven Sundays
Cereal
8 oz.
St. Peter, MN

Find family-friendly favorites at the co-op.



simple ingredients,
high protein

RXBar protein bars are made with as few ingredients as possible. Just simple ingredients from actual food you can pronounce and recognize.

2/\$4 Rxbar Protein Bars
1.83-1.9 oz.



6.49
San Pellegrino
Italian Sparkling
Drink
6 pk.-11.15 fl. oz.



2.69
Rise Brewing Co.
Cold Brew Latte
11 fl. oz.



1.79
Flow
Alkaline Spring
Water
33.8 fl. oz.



3.79
Lakewood
Organic Pure
Lemon or
Lime Juice
12.5 fl. oz.

care you can sip

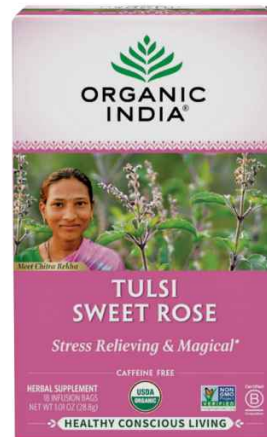
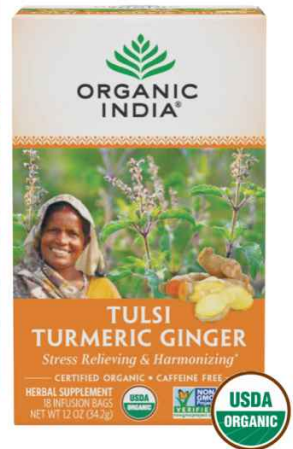
The difference starts at the source, with Certified Organic herbs grown on small family farms, handpicked with care and traditionally crafted for blissful teatime moments.

INCLUSIVE TRADE PARTNER



5.69
Three Wishes
Grain-free Cereal
8.6 oz.

3.99
Organic India
Tulsi Tea
18 ct.



Sweeten your day with deals from the co-op.



no seed oils



2/\$7

Lesser Evil
Organic Popcorn
4.6-6.4 oz.



2/\$7

The Good Crisp
Crisps
4-5.6 oz.



4.39

Alter Eco
Organic Chocolate Bar
2.65-2.96 oz.



2/\$6

Barbara's
Cheese Puffs
5.5-7 oz.



3.49

Unique Snacks
Puffzels
4.8 oz.



great chocolate, great cause

Every purchase removes two plastic bottles from our oceans. Fair Trade Certified and thoughtfully sourced, this chocolate turns everyday indulgence into meaningful environmental and social impact.

2/\$7

Endangered Species
Chocolate Bars
3 oz.



4.49

Hu
Organic Chocolate Bar
2.1 oz.

Budget-friendly snacking options.



3.79

Pip's
Cheese Balls
4.5 oz.



INCLUSIVE TRADE PARTNER

Archer Jerky is the number one, better-for-you jerky brand in the nation. It was founded by Korean-American nephew and aunt team, Eugene and Susan King.

5.99

Archer
Beef Jerky
2-2.5 oz.



COOPERATIVELY OWNED

3.99

Equal Exchange
Organic
Chocolate Bar
2.8-3.5 oz.



2.39

Little Secrets
Crispy Wafer or
Caramel Cookie Bars
1.4 oz.



7.99

Lily's
Baking Chips
9 oz.

roots run deep

Rich, chocolatey cacao powder for baking, smoothies and everyday treats — grown on Regenerative Organic Certified® farms, where healthier soil means better cacao, season after season.

9.99

Navitas Organics
Unsweetened Cacao Powder
8 oz.



6.99

Simple Mills
Brownie or Cupcake Mix
11.2-12.9 oz.

Good food for less is at the co-op.



6.99

**Primal Kitchen
Mayonnaise**
12 fl. oz.



11.99

**Primal Kitchen
Pure Avocado Oil**
16.9 fl. oz.



6.49

**Primal Kitchen
Salad Dressing**
8 fl. oz.



2/\$6

**Edward & Sons
Brown Rice Snap
Crackers**
4 oz.



11.99

**California Olive Ranch
Global Blend
Extra Virgin Olive Oil**
16.9 fl. oz.



imagine the possibilities

From velvety classics to vibrant blends, **Imagine®** soups and broths are crafted with quality ingredients for imaginative recipes. Enjoy comforting flavor your way — straight from the carton or as the base for your own creations.



2/\$7

**Imagine
Organic No-Chicken Broths**
32 fl. oz.



2/\$8

**Imagine
Soups**
32 fl. oz.

Try something new from the co-op.



2/\$5

A Dozen Cousins
Seasoning Sauce
3 oz.



4.99

Siete
Taco Shells
5.5 oz.



2/\$6

A Dozen Cousins
Ready-to-Eat Beans or Rice
8-10 oz.



3.99

Garden of Eatin'
Taco Shells
5.5 oz.



2/\$7

Tasty Bite
Entrées
10 oz.



2/\$5

Field Day
Organic 100% Pure Pumpkin
15 oz.



2.79

Tonnino
Solid Pack or
Yellowfin Tuna in
Water or Oil
4.94 oz.

Great deals for great days.



11.99

Tru Earth
Laundry Detergent Strips
32 ct.

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.

6.99

Seventh Generation
Cleaning Wipes
70 ct.



INCLUSIVE TRADE PARTNER

World Centric is a company that provides plant-based, sustainably made products that are easy to compost.

2.99

World Centric
Compostable 9" Plates
20 ct.



6.99

Spry
Xylitol Gum
100 ct.



frizz be gone!

INCLUSIVE TRADE PARTNER

Transform dry, frizzy hair with Giovanni's Smoothing Castor Oil Shampoo & Conditioner. Gently cleanses, hydrates and conditions for silky softness, lasting shine and effortless manageability! Giovanni is proudly veteran-owned.

7.99

Giovanni
Shampoo or Conditioner
13.5 fl. oz.

INCLUSIVE TRADE PARTNER

RADIUS is a woman-owned company. We use recycled materials, and we create sustainable toothpastes, flosses and other daily-use objects.

5.49

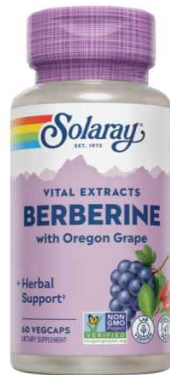
Radius
Toothbrush
Replacement Heads
2 ct.



The co-op has the brands you love.

supplements that fuel routines

Solaray has set the standard for quality and trust for over 50 years. Every ingredient in our 700+ supplements is triple-tested for purity and potency — so your daily routine stays active, supported and built on precision.



17.99

Solaray
Berberine with
Oregon Grape
60 ct.



15.99

Solaray
Magnesium
Glycinate 350mg
120 ct.



26.99

Solaray
Womens
Mycrobome
30 ct.



22.99

Fat and the Moon
Plant Perfume
1 fl. oz.

inclusive
trade



9.39

Booda Organics
All-in-One Daily
Moisturizer
2.3 oz.

INCLUSIVE TRADE PARTNER



17.99

Wild Carrot
Herbs
Luscious Face
Cream
60 ml

inclusive
trade

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.



36.99

Ancient Nutrition
Bone Broth
Protein Powder
15.7-17.8 oz.



6.99

Rishi
Organic Tea Concentrate
32 fl. oz. • Milwaukee, WI

Feel good with products you love.

**Let's own a
grocery store
together!**



**owners
save more!**

October is Co-op Month:

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

**ENTER TO WIN October 1 – 15:
Owner-Only Prize Drawing**

One lucky owner from each store
will win a \$50 Outpost gift card

outpost.coop/join

Own Your Share

1. One & Done: \$200

Pay once, own forever

2. Flexible Plan: Monthly

\$30 to start, then \$10/month

You'll complete your \$200 full fair
share in a total of 18 payments.

3. In Reach Plan: \$5/month

Designed for accessibility

Ask at our service desk about how to qualify
for this special ownership payment.



OUTPOST
CO-OP SINCE 1970

MILWAUKEE

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WAUWATOSA

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414-778-2012

BAY VIEW

2826 S. Kinnickinnic
414-755-3202

MEQUON

7590 W. Mequon Rd.
262-242-0426

outpost.coop

*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.



Buy One, Get One

FREE

Desert Essence
Shampoos or
Conditioners
8 fl. oz.



3.19

Desert Essence
Tea Tree Oil Dental
Floss or Tape
30-50 yd.



4.79

Desert Essence
Toothpaste
6.25 oz.



6.29

Desert Essence
Mouthwash
16 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.



MNW1026B