

good food

FREE - TAKE ONE • APRIL 2025



OUTPOST CO-OP
GROCERY STORE



SECRET RECIPES



CARROT CUPCAKES WITH CREAM CHEESE FROSTING

MAKES 18-20 CUPCAKES GLUTEN-FREE

Admit it. You have a tough time passing by those dreamy slices of Outpost's delicious carrot cake. For those who shy away from gluten, we are sharing our delightful wheat-free version, switched up to make cupcakes. Perfect for an afternoon tea or for treating your officemates just because it's spring. These little cakes are light and bouncy like the first May day wearing shorts. So wonderfully carrot-y you might have to scare off a few inquisitive rabbits.

2 $\frac{2}{3}$ cups white rice flour (brown rice flour works too)
 $\frac{1}{2}$ cup granulated sugar
 1 teaspoon xanthan gum
 2 teaspoons cinnamon
 $\frac{1}{2}$ teaspoon salt
 1 $\frac{1}{2}$ teaspoons baking powder
 2 teaspoons baking soda
 4 large eggs
 2 cups grated carrots, packed
 1 $\frac{1}{2}$ cups canola oil
 $\frac{1}{2}$ cup crushed pineapple, drained
 $\frac{1}{2}$ cup walnuts, chopped
 $\frac{1}{2}$ cup raisins

1. Preheat oven to 350 degrees.
2. Drain crushed pineapple and set aside $\frac{1}{2}$ cup.
3. Sift together flour, sugar, xanthan gum, cinnamon, salt, baking powder and baking soda into a mixing bowl. Set aside.
4. In a separate bowl, add eggs, carrots, canola oil, drained pineapple, walnuts and raisins and mix until thoroughly combined.
5. Mix wet ingredients into dry ingredients.

6. Line a cupcake pan with paper cups. Fill each cup to just about full. Bake for 20-25 minutes or until toothpick inserted in the middle comes clean.
7. Let cool completely before frosting.

Cream Cheese Frosting

Carrot cake cupcakes can be eaten as is, like a muffin, but we think a puffy white cloud of cream cheese frosting is what Mother Nature intended.

$\frac{1}{2}$ cup unsalted butter, softened
 8 ounces room temperature Neufchatel cheese
 1 teaspoon vanilla extract
 $\frac{1}{4}$ teaspoon salt
 4 cups powdered sugar, sifted

1. Using a stand mixer, combine butter and cream cheese and beat until creamy without any lumps. Add in the vanilla and salt and further combine.
2. Put the mixer on low and slowly add in powder sugar until completely combined.
3. Immediately frost cooled cupcakes while frosting is soft and spreadable. Refrigerate when decorated.



BIRDY BARS

MAKES 18 LARGE BARS
VEGETARIAN • GLUTEN-FREE

This recipe is easy to make and loaded with healthy fiber and vegetable oils from all the seeds and nuts. Perfect as a breakfast bar, a mid-afternoon snack, or an energy boost during a long hike, they are chewy, just sweet enough and rib-sticking good. They freeze well. Just be sure to wrap tightly before chilling.

¾ cup organic smooth peanut butter, no salt added
1 cup Kallas Pure Honey
2½ cups sesame seeds
1¾ cups roasted salted sunflower seeds
½ cup dried cranberries
½ cup diced or sliced almonds
½ cup roasted salted pumpkin seeds
1 cup unsweetened shredded coconut
½ teaspoon salt
Special equipment: 8x12-inch or 9x14-inch baking pan

1. Preheat oven to 350 degrees. Spray pan with cooking oil spray and set aside.
2. In a large bowl, thoroughly mix peanut butter and honey.
3. Add remaining ingredients to honey-peanut butter mixture and fold ingredients until everything sticks together.
4. Use a spatula to press batter smoothly and evenly into prepared pan.
5. Bake for 15-18 minutes, or until golden brown. Cool and chill before cutting.

Note: This recipe is adapted for the home cook and won't make as thick of bar as you'll find in our stores.



CURRY MANGO CHICKEN SALAD

4 SERVINGS

A little spicy, a little sweet and so tasty!

Chicken

1½ pounds boneless, skinless chicken breast
1⅔ cups water
1⅔ tablespoons curry powder

Salad

1 cup celery, diced
5 tablespoons green onions, sliced
⅓ cup slivered almonds, toasted

Dressing

¼ cup canola mayonnaise
½ cup Patak's Hot Mango Chutney
1⅓ tablespoons curry powder

1. Place raw chicken breast in sprayed pan. Whisk together water and the first listing of curry powder. Pour over chicken, cover with foil, and bake until chicken reaches an internal temperature of 165 degrees. Remove from oven. Cool and dice.
2. Combine chicken pieces with celery, green onions, and almonds.
3. Whisk together mayonnaise, chutney and second listing of curry powder. Add to chicken mixture and gently toss until well combined.
4. Taste for seasoning. Serve immediately or refrigerate and serve within a few hours. Leftovers will keep for a few days in the fridge.



Let's own a grocery store together!

In 1970, a group of Milwaukeeans set out to create something different—a grocery store that wasn't just about selling food, but about building community. They founded a co-op to serve their neighborhood. Fifty-five years later, Outpost has grown to four neighborhood locations, over 300 union employees,

and more than 22,000 owners. When you shop at the co-op, your dollar does more than just buy groceries—it fuels a community. It supports the hands that grow, craft, and create the food that nourishes us all. Through the good food we sell and the good things we do, we build our community-owned grocery store together.

You're going to LOVE owning a grocery store with us!



Owners Save More!

We reward our owners with exclusive sales and deals. Invest in the co-op, and save while you shop!

Grow Our Local Economy!

For every dollar spent, 58 cents stays in the community (vs. 33 cents at national chains). When you shop with us, you support local businesses and local jobs.

Support Local Farmers!

From produce to deli, we prioritize local farmers and artisans. Your purchases help sustain their work.

Support Our Community!

The co-op donates over \$200,000 annually to local charities, helping to feed and shelter our neighbors in need.

Environmental Conscience!

Outpost ranks among the top 30 retailers in the country in green power usage, according to the EPA.

We're a Proud Union Store!

Over 300 union employees work with us, enjoying great benefits and opportunities for advancement.

Our Food Tastes Homemade Because We Made It!

Our kitchen and bakery prepare everything from scratch. Little things like cracking 22,000 local eggs make a difference.

Small Stores, Fast & Friendly Service!

We're not "the big guy" and we are proud of it. Expect personalized service from people who care about their neighbors.

Inclusivity Is Part of Who We Are!

We strive to be a grocery store where everyone feels welcome. Diversity, equity, inclusion and belonging are essential to our co-op.

Triple Bottom Line Success!

We focus on People, Planet, and Prosperity—because we believe business can (and should) benefit everyone.

inclusive trade

Inclusive Trade

Co-ops like Outpost are committed to fostering diverse and inclusive communities. Look for brands owned by people who identify as women, BIPOC, disabled, LGBTQIA+ or veterans.



April Round Up - Milwaukee Riverkeeper

Round up your April purchases at Outpost to advocate for swimmable, fishable rivers in the Milwaukee River Basin.

Learn more at milwaukeekeeperiverkeeper.org

Leading with Vision

**"No one comes from the earth
like grass. We come like trees.
We all have roots."**

– Maya Angelou



OUTPOST'S SUSTAINABILITY VISION:

Outpost Co-op operates our cooperative efficiently and effectively, addressing our present needs while also being respectful of the natural resources required for future generations. Our employees, owners, vendors and conscientious citizens are responsible for the environmental and social impacts of their actions. Outpost embraces the challenge to move our operations and actions toward sustainable models. We will do this through:



LEADERSHIP

We will walk our talk creating impactful change through effective partnerships and education that build local dynamic food systems and sustainable business solutions.



CLIMATE IMPACT

We believe climate change could drastically impact our food systems therefore we are committed to measurement of our systems, continuous improvement, and reducing our environmental impact – specifically in the areas of energy intensity, waste and water.



TRIPLE BOTTOM LINE

It is our intent to be an amazing place to work as we continue to reduce our environmental footprint and thrive fiscally as a local cooperative. The health of the co-op is indicated by a strong triple bottom line.



COMMUNITY

We will set an example (through action and education) for the community to practice good environmental stewardship.



Outpost Mequon received a LEED Silver® Certification in Building Design & Construction from the U.S. Green Building Council.



Learn more about our sustainability efforts at outpost.coop/sustainability

CELEBRATE EARTH DAY EVERYDAY WITH DIY HOUSEHOLD RECIPES

MULTI-PURPOSE CITRUS CLEANER

Recycled glass jar with lid (applesauce, pickle, pasta sauce, etc.)

Citrus peels (orange, grapefruit, and/or lemon) – store left over peels from juicing and snacking in the freezer until you have enough to fill your jar

Salt

White vinegar

Water

5 – 10 drops essential oil (optional: try peppermint, lavender, eucalyptus, or geranium)

1. Cut citrus peels so they snugly fit inside the jar.

2. Add enough salt to lightly cover the peels. Let sit for a minimum of 20-30 minutes. This pulls the naturally occurring, dirt fighting, sweet smelling essential oils from the peels.
3. Fill the jar $\frac{3}{4}$ full of vinegar. Fill remaining $\frac{1}{4}$ with water.
4. Put a tight-fitting lid on the jar. Let sit a minimum of two to three weeks.
5. Strain the solution through a wire mesh. Fill a repurposed spray or squirt bottle with the citrus solution. Add essential oils. Label it "Multi-Purpose Cleaner - Shake Before Use."
6. Once you start using this batch of cleaner, start another one so you'll have a supply ready.

LEMON FRESH BATHROOM SCRUB

$\frac{3}{4}$ cup baking soda

$\frac{1}{4}$ cup lemon juice

3 tablespoons fine grain salt

3 tablespoons liquid dishwashing soap

$\frac{1}{2}$ cup vinegar

10 drops essential oil—eucalyptus and lemon work nicely

Mix all ingredients together in a small bowl or jar to make a paste. Use a sponge to scrub porcelain, tiles, tubs, sinks. Is gentle enough to use on stainless steel, however, always test first in an inconspicuous area.

ALL PURPOSE FLOOR CLEANER

1 cup vinegar

$\frac{1}{2}$ cup baking soda

8 – 10 cups hot water

1 tablespoon Borax

1 tablespoon washing soda*

30 drops essential oil (optional)

Mix vinegar and baking soda together in bucket. This will cause a fizzy chemical reaction. Add hot water, Borax, washing soda, and essential oils. Stir until all powder is dissolved.

WASHING SODA

**Having a hard time finding washing soda? No problem! You can make your own with (easy to find) baking soda and your oven. NOTE OF CAUTION: Washing soda is highly alkaline and caustic so wear gloves when handling and store extra in a glass jar with a tight-fitting lid. Label it "Washing Soda – For External Use Only – Caution: Caustic"*

1. Heat your oven to 400 degrees. Spread baking soda on a large, rimmed baking sheet. Bake for about 30 minutes, stirring occasionally.
2. Heating the baking soda releases water and carbon dioxide, changing the molecular structure, turning baking soda into washing soda. Washing soda will be grainy and non-clumping. You'll know you have washing soda when the texture changes. Science!

Trail-Ready Snack Mixes

These snacks are ready to grab from our bulk food department. Buying in bulk is a great way to reduce your plastic consumption!



Organic High Antioxidant Trail Mix

Made by Grandy Organics, Sierra Magazine named this healthy snack the "#1 Trail Mix." It's a vegan superfood blend of organic jumbo raisins, organic roasted pumpkin seeds, organic almonds, organic dried cranberries, organic walnuts, organic dried mulberries and organic dried goji berries.



Organic Sweet N Spicy

Made by Sunridge Farms, a delightfully crunchy combo of organic roasted peanuts, organic honey sticks, organic red chili banana chips, organic roasted almonds, organic roasted chickpeas, organic roasted pumpkin seeds and organic red chili roasted cashews.



Owners Save \$5

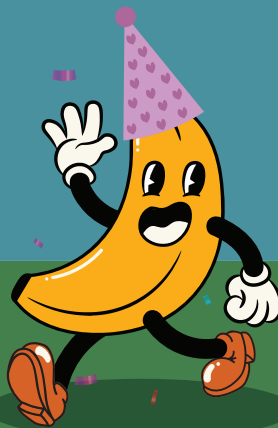
CO-OP BOTTLES (reg 29.99)
APRIL 9-22 ONLY!

WE LOVE OUTPOST

Celebrate 55 years of cooperation!

Owner & Shopper Appreciation Day

SATURDAY, APRIL 26TH
11 am - 2 pm



All Outpost Locations

