

January 25 – January 31, 2017

coopTM
deals

**Pumped up
for Protein!**

*Nutrient rich foods
and supplements!*



ORGANIC VALLEY
Organic Protein Shake
11 oz.

2/\$7



VEGA ONE
Vegan Meal
Replacement Shakes
15 oz.

SAVE \$10



OUTPOST BRAND
Organic
Vegan or Pumpkin
Protein Powder
16.3-17.6 oz.

SAVE 20%



ANCIENT NUTRITION
Bone Broth Protein
Powders
Packets & Tubs



MACROBAR
Organic Snack Bar
Select varieties,
1.9-2.5 oz.

2/\$4



LOU'S GARRETT VALLEY
Pork Paleo Bacon

\$4.89/8 oz.



BEYOND MEAT
Meat
Alternative
Crumbles or strips,
11 oz.

2/\$7



MANITOBA HARVEST
Hemp Bar
Vanilla or chocolate,
1.6 oz.

2/\$4

**Your Community Owned
Grocer Since 1970**

**Open Daily
7 a.m. to 9 p.m.**

OUTPOST
NATURAL FOODS

Easy Indian Curry Soup

SERVES 4

This simple and satisfying soup is a nutritional powerhouse with the addition of bone broth which contains over 19 amino acids and nutrients that support digestion. Of course, you can also make an equally delicious vegan version using vegetable stock.

- 6 cups chicken bone broth or 3 scoops Ancient Nutrition* Pure Unflavored Bone Broth Protein mixed in 36 ounces of water
- 1 tablespoon freshly grated ginger
- 1 tablespoon freshly grated turmeric
- 2-3 tablespoons curry powder
- 1 yellow onion, chopped
- 2 cups small cauliflower florets
- 2 red peppers, chopped
- 1 teaspoon cayenne powder, optional
- 1 can coconut milk

1. In a large pot over medium heat, bring bone broth, turmeric, and ginger to a simmer.
2. Add curry, onions, cauliflower, red pepper, and cayenne. Bring to a simmer, decrease heat to medium-low, and simmer 15 minutes.
3. Add coconut milk, stir to combine and cook 5-10 minutes more.

Recipe from Bone Broth Breakthrough by Dr. Josh Axe

***New! Look for Ancient Nutrition Bone Broth Protein in your Outpost Personal Wellness Department aisles. Available in tubs and packets in Pure Unflavored, Vanilla, Turmeric, and Chocolate.**

Outpost Makers Market

January 28 • 12 - 3 p.m.

**Outpost Cooperative Learning Center
at Wellness Commons, 1617 W. North Ave.
FREE!**

Come to the Outpost Makers Market! Shop local vendors offering tasty treats and authentic, handmade products, and meet with folks from the community.

Saturdays through March 2017



OUTPOST
NATURAL FOODS

Milwaukee • 100 E. Capitol Drive
414.961.2597

Wauwatosa • 7000 W. State Street
414.778.2012

Bay View • 2826 S. Kinnickinnic Avenue
414.755.3202

Mequon • 7590 W. Mequon Road
262.242.0426

**The Market Café at
Aurora Sinai Hospital**
945 N. 12th Street
414.220.9166

www.outpost.coop

Sales for
OWNERS

get fresh

owner savings*

Wednesday 01/25/17
through 01/31/17

Not an owner yet? Stop by Customer Service to learn more about the benefits of ownership!



OUTPOST'S OWN
Veggie Dip

\$5.99/LB.



OUTPOST'S OWN
Turkey Specialty Burgers
*Made from fresh ground
midwest-raised turkey*

\$4.79/LB.



Local • Regional Favorite

USDA ORGANIC

ORGANIC RUSSET POTATOES
Wisconsin Grown

\$2.99/5 LB. BAG



Local • Regional Favorite

LAKE FOREST
Artisan
MOREL MUSHROOM
& LEEK CHEESE

LAKE FOREST
Morel Mushroom & Leek Cheese

\$1 OFF/LB.

owner savings* **Local • Regional Favorite**

get local

GoMacro Macrobars
Viola, WI • 162 Miles to Market

Amelia Kirchoff and her daughter, Jola Sonkin, set out to do the impossible: create a nutrition bar that didn't feel like a prescription. Made with the best quality ingredients, Macrobars contain vitamins, minerals, fiber, and omega-3; if you've ever wished that dessert could be good for you, this is it. All Macrobars are made with Non-GMO Project Verified and USDA Organic ingredients. Without the use of additives or preservatives, Macrobars are made to order, so you know they're fresh. You'll find a variety of GoMacro Macrobars at your neighborhood Outpost.




owner savings* Local • Regional Favorite

get local

OWNERS TAKE 5% OFF



OUTPOST BAKEHOUSE
Chewy Granola Bars

\$1.79/EA.

get fresh **OWNERS - Go for the gold!**
owner savings* **The color of your special savings signs is now gold.**

Sales for
EVERYONE

coop™ deals

Wednesday 01/25/17
through 01/31/17

HARD ROCK YOUR PALEO!

WISCONSIN MEADOWS GRASS-FED BEEF



Liver or Heart

Great nutrient source!

\$3.99/LB.



Tongue

Hurry, limited supply!

\$5.99/LB.



Knuckle Bones

Super for bone broth!

\$2.99/LB.



THOUSAND HILLS CATTLE COMPANY Grass-Fed Ground Beef

Frozen, our low price everyday, 80% lean

\$5.99/LB. PK.



Tilapia Fillets

Sustainably farm-raised in
Central or South America

\$6.99/LB.



ORGANIC BLACKBERRIES OR BLUEBERRIES

Mexico or Chile Grown
6 oz.

2/\$5



ORGANIC GALA APPLES Washington Grown

\$1.39/LB.



FERNDALE MARKET

Smoked, Boneless
Turkey Breast

SAVE \$1/LB.



AUTHENTICALLY LOCAL. Here at Outpost, we define LOCAL as being grown or produced in Wisconsin and REGIONAL as being grown or produced in a state that borders Wisconsin.

coop
deals

Sale runs Jan. 25 – Jan. 31

Some items may not be available in all stores

Limited supply on some items



BULK PACK
Organic
Raw
Hemp Seeds
Grown in Canada

\$5.99/8 OZ.



BULK PACK
Organic
Fair-Trade
Raw Almonds
Grown in California

\$4.99/8 OZ.



BULK
Organic
Coconut Flour
Grown in the Philippines

50% OFF



BULK PACK
Organic
Pistachios
Roasted, salted,
in the shell,
grown in California

SAVE \$1/11 OZ. PK.



NEW!
BULK
Organic
Turmeric Ginger
Seasoned Cashews

SAVE \$4/LB.



SVEN'S
Locally Roasted
Fair-Trade
Coffee

SAVE \$1/12 OZ.

coop
basics

Everyday low prices with BASIC\$

coop
basics



BULK
Organic
Green Lentils
Grown in California

\$1.99/LB.



BULK
Organic
White or Brown
Long Grain Rice
Grown in California

\$1.79/LB.



EQUAL
EXCHANGE
Organic
Fair-Trade
Roasted Coffee

\$8.99/LB.



FIELD DAY
Organic
Coconut Milk
13.5 oz.

\$1.99



EARTH'S BEST
Organic
Baby Food
Select varieties,
3.5-4.2 oz.

4/\$5



FIELD DAY
Organic
Apple Sauce
Original or cinnamon,
24 oz.

\$2.99



DESERT
ESSENCE
Dental Floss
and Tape
30-50 yds.

2/\$5



TOM'S OF MAINE
Toothpaste
Select varieties,
4.7 oz.

\$3.99



OUTPOST BRAND
Men's Once Daily
Multivitamin
30 tab.

\$7.99

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CASCADIAN FARM
Organic Breakfast Cereal
Select varieties,
8.6-14.6 oz.

2/\$5



VAN'S
Frozen Waffles
Select varieties,
6-pk.

2/\$5



SO DELICIOUS
Organic Coconut Milk
Select varieties,
32 oz.

2/\$4



ALEXIA FOODS
Frozen Potatoes
Fries, puffs,
or hash browns,
16-19 oz.

2/\$6



CONNIE'S
Frozen Pizza
15.5-25.5 oz.

\$5.99



KIND BAR
Snack Bar
Select varieties,
1.4-1.6 oz.

3/\$4



LA CROIX
Sparkling Water
12-pk.

\$4.29



IMAGINE
Organic Soup
Select varieties,
32 oz.

2/\$6



ZEVIA
Zero Calorie Soda
Select varieties,
6-pk.

\$3.99



FOOD SHOULD TASTE GOOD
Tortilla Chips
Select varieties,
4.5-5.5 oz.

2/\$4



MRS. RENFRO'S
Salsa
Select varieties,
16 oz.

\$2.99



PAQUI
Flavored Tortilla Chips
Select varieties,
5.5 oz.

2/\$5



LUNDBERG
Organic Rice Cakes
Select varieties,
8 oz.

2/\$6



NEAR EAST
Couscous or Pilaf Side Dishes
Select varieties,
6-7 oz.

3/\$5



BARBARA'S BAKERY
Cheese Puffs
Original or jalapeño,
7 oz.

2/\$4



**TEMPLE TURMERIC
Turmeric Elixir**
Select varieties,
12 oz.

2/\$7



**ORGANIC
PRAIRIE
Mighty Bar
Organic
Meat Bar**
Select varieties,
1 oz.

2/\$4



**R.W. KNUDSEN
Fruit or Vegetable
Juice Blends**
Select varieties,
32 oz.

2/\$5



**CALIFORNIA
OLIVE RANCH
Extra Virgin
Olive Oil**
25.4 oz.

SAVE \$7



**ANNIE'S
NATURALS
Organic
Salad Dressing**
Select varieties,
8 oz.

\$2.99



**MUIR GLEN
Organic
Canned Tomatoes**
Select varieties,
14.5 oz.

5/\$5



**MARY'S
GONE
CRACKERS**
Organic Crackers
Select varieties,
6 oz.

\$3.69



**CLASEN'S
Baguette**
French or rustic,
1 lb.

\$2.99



**RED FORK
Skillet Sauce**
Select varieties,
8 oz.

2/\$4



ORGANIC VALLEY
Organic Cheese
6 oz.

\$3.99



**DAIYA
Dairy-Free
Shreds**
Select varieties,
8 oz.

\$3.69



**NANCY'S
Organic
Low-Fat
Cottage Cheese**
16 oz.

\$4.49



**LIBERTÉ
Organic
Whole Milk Yogurt**
5.5 oz.

3/\$4



**COUNTRY VIEW
DAIRY
Regular or Greek-Style
Yogurt**
6 oz.

10/\$10



**CHOBANI
Non-Fat
Greek-Style Yogurt**
Select varieties,
5.3 oz.

4/\$5

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**ANNIE'S
HOMEGROWN
Organic
Fruit Snack**
4-4.5 oz.

2/\$6



**SEVENTH GENERATION
Dish Liquid**
Select varieties,
25 oz.

2/\$5



**TRADITIONAL
MEDICINALS
Organic Tea**
Select varieties,
16 ct.

\$3.39



**ANDALOU
Facial Cleanser**
Select varieties,
6 oz.

\$7.99



BEARD BALM
Original or heavy duty,
made in Michigan,
1.5 oz.

SAVE \$4



**TOM'S OF MAINE
Stick Deodorant**
Select varieties,
2.25 oz.

\$4.99



**SHIKAI
Shampoo and
Conditioner**
Select varieties,
12 oz.

\$5.99



**MANITOBA
HARVEST
Organic
Hemp Seeds**
7 oz.

\$6.99



**SPRY
Sugar-Free
Gum**
Sweetened
with xylitol,
select varieties,
10 ct.

69¢



**HERB PHARM
Super Echinacea**
Immune support tincture,
1 oz.

\$9.99



**BOIRON
Chestal**
Homeopathic cough syrup,
select varieties,
6.7 oz.

\$8.49



**AMAZING GRASS
Alkalize and Detox
Green Superfood**
8g

5/\$5



**COUNTRY LIFE
B-12 Lozenges**
50 loz.

SAVE \$4



**HERBS ETC.
Essiac Tonic**
Herbal tonic,
2 oz.

SAVE \$6



**NORDIC NATURALS
Postnatal Omega-3**
Official postnatal omega-3
of the American Pregnancy
Association,
60 ct.

SAVE \$10

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