health connections

July | August | September 2022

**July**
- **BADGER**
  - Sport Reef Friendly Mineral Sunscreen
  - 40 SPF
  - 2 oz
  - **$10.79**
  - SRP $17.99
  - 40% OFF!

**August**
- **Alkaline88**
  - Alkaline Water
  - 8.5PH
  - 1 gallon
  - **$3.19**
  - REG. $5.39
  - 40% OFF!

**September**
- **YUM EARTH**
  - Organic Giggles, Chewy Candy Bites
  - 5 oz
  - **$2.99**
  - SRP $5.29
  - 40% OFF!
High Prices Got You Feeling Low?

Gas prices are so high...
I went online to check the value of my car and they asked if the tank was full or empty! :)

I couldn't resist injecting a little humor despite the painful reality of it all. Inflation is on everyone's mind so I thought I would share a bit on how we are dealing with it at Pilgrims. Please see below.

Staff Compensation
Tight profit margins in retail have translated to lower wages for decades. Entry level wage earners in the retail industry suffer the most from inflation as the amount of discretionary money is often low. This has been a concern of mine for Pilgrims team members for decades, but with the increasing popularity of the store has come an increasing ability to increase wages.

In 2015 I read a book called The Great Game of Business written by Jack Stack. The business management style explained in this book emphasizes the importance of a company culture that creates a "stake in the outcome" among all employees. This is accomplished by "opening the books" and "sharing in the success" by way of profit sharing. Since 2015 Pilgrims has had a 90% success rate at hitting our maximum bonus and it has shared over 2 million dollars with the team. Pilgrims increased popularity is now allowing it to raise the maximum bonus paid to every employee by an equivalent of $2/hour.

In the last two years, entry level wage earners at Pilgrims have seen compensation grow by nearly 40% and all staff, including managers, have seen an increase over 20%. It gives me great pleasure knowing that our team at Pilgrims is seeing wages significantly outpace inflation. That is due to our management style and most importantly your enthusiastic support. Thank you!

New Rewards Program Tiers
I love when friends and customers gleefully tell me about how much they enjoy getting their "big check" twice a year at the register when we load their rewards into their account. People LOVE shopping for free that day. Well, I think the program has been a great success, but inflation is affecting this beloved program also.

We are keeping the program of course but we are having to raise the expenditure levels. We rolled out the program in 2014 so we have seen inflationary factors raise prices by 23.5% in that time. In response, starting July 1 your rewards will be calculated as follows:

- Spend an average of $700+/month or more & earn a 4% rebate credit.
- Spend an average of $450-699.99/month & earn a 3% rebate credit.
- Spend an average $250-449.99/month & earn a 2% rebate credit.

No Price Gouging
We have seen some very strange things over the last two years. Who would have ever imagined hysteria and a buying frenzy over toilet paper that we witnessed? Well, many grocery stores took advantage of the situation and raised prices throughout the store and reduced the amount of discounts that they offered. I am very proud to say that Pilgrims and most of the natural food stores around the country did not price gouge. How do I know that you may ask? Well, Pilgrims belongs to a trade organization that participates in a data mining program that shows the average grocery item price in most of the grocery stores in the country. This program also allows you to compare pricing in natural food stores like Pilgrims with larger conventional markets.

For two years now, the average unit price rose significantly more in big corporate conventional stores than it did in stores like Pilgrims. Additionally, the total dollars passed on to customers via discounts and specials was far less in the big corporate stores than it was in stores like Pilgrims.

Yes we are seeing price hikes from our suppliers and yes we have to raise prices to take care of our team members but I promise that we will never price gouge because we think we can. We remain committed to finding the best ways to deliver the best foods at the lowest prices possible given our business model and constraints. In these tough inflationary times I hope that you remember that your greatest wealth is your health. Please take care of yourself and those you love, and I promise to do the same in our Pilgrims community.
Partnered with Pack River Farm, a regenerative and certified organic farm, to grow the highest quality medicinal herbs, the team at Black Bear lovingly and thoughtfully create teas, tinctures, hydrosols, and elixirs to support wellness of the individual. Each method provides a different style of support, and all are ways to easily incorporate herbs into your day to day routine. Raquel, who has a background in holistic nutrition, expressed her passion of making herbs easy and accessible for everybody. Their “Elixir Mixers” are a must have! Packed full of adaptogenic herbs, vitamins, and minerals, these mixes are easy (and tasty) additions to boost your morning routine.

One of my biggest takeaways from my visit to their farm was the idea of “Mind, body, and Spirit.” Derek, founder of Black Bear, believes holistic wellness includes the interconnection of body, mind, and spirit for a harmonic existence – Humans and plants alike.

What sets Black Bear Herbary apart from others? At Black Bear they use alchemy and other ancient methods to provide the highest quality, handcrafted, products. Using Alchemical processing means taking full advantage of the plants activity; the method maintains the full spectrum of nutrients within the plant.

Currently on a mission to educate the community, Black Bear offers internship opportunities for folks to come live on the farm (in a teepee!) and work full time for the summer. June included two community volunteer days, where you were able to get your hands in the soil to help plant and harvest, and also two demo days here at Pilgrim’s. This year will also bring a lot of growth for the Herbary. In addition to 3 new greenhouses and a new Lab, Black Bear is creating a community space for classes, lectures, and more. This will allow them to continue forward in their mission to educate and close the disconnect that exists between people and their food sources.

Another exciting project happening on the farm: they have partnered with the United Plant Savers, a medicinal plant conservation. The creation of Black Bear’s Plant Sanctuary means protecting native medicinal plants and bringing plants back to their natural ecosystems. They promise that all plants grown, or sourced, are always organic and ethically grown.

You can find a selection of their products in our Supplement department including their White Pine tincture, which has been a popular immune support. Two of my personal favorites have been their Carbon 60 and Ingi Exire tinctures, both of have anti-inflammatory properties, can help move metabolic waste from the body, and can help neutralize free radicals. These are just a few from our ever growing selection from Black Bear.

We love our friends over at Black Bear Herbary and cherish the love that they put into their products and processes. We can’t wait to see what else they come up with as they continue to grow in our community.
New Items
ONLY AT PILGRIM’S MARKET
MADE WITH ORGANIC INGREDIENTS

CULTURED MAMA
- Blueberry Cheesecake
- Drinking Yogurts

PILGRIM’S BAKEHOUSE
- Garlic Parmesan Buns

PILGRIM’S MEAT
- Maple Pork Sausage
- Smoked Lemon Pepper Salmon

PILGRIM’S DELI
- Sesame Tahini Dressing

PILGRIM’S PRODUCE
- Fresh Pressed Shots
  - Immunity
  - Wheatgrass
  - Beet

PILGRIMS BRAND
- MRH Multi Purpose Cleaner

All of these products are “Made Right Here” at Pilgrim’s Market. Look for this sticker, which signifies items made in the store.
"Freedom is the open window through which pours the sunlight of the human spirit and human dignity." - Herbert Hoover

**PILGRIM’S Berry Sale**
**All sizes & varieties!**
JULY 1-7!

**INDEPENDENCE DAY PICNIC FAVORITES**
- Macaroni salad
- Potato Salad
- Coleslaw

**PILGRIM’S PRODUCE SPOTLIGHT:**
Local, Organic Blueberries
$3.99/pint

**TAYLOR RANCH**
- Yak Meat
- Meat Department Spotlight

**ORGANIC WATERMELON**
89¢/lb
ALL MONTH!

**ROASTED PLANTAIN CHIPS**
Picante or Original
**10% OFF!**
7/1-15

**BARK APPEAL® PET PRODUCTS**
- Pet Collars
- Leashes and Harnesses
20% off!
7/11-17

**PILGRIM’S 4TH OF JULY HOURS:**
8AM-6PM

**HEALTHY ALTERNATIVE SUMMER SNACK!**

**ON SALE JULY 11-17**

**PILGRIM’S MARKET Exclusive**
- Bonner’s Ferry GROWN

**MADE RIGHT HERE**
Soy Wax Candles
9oz & 16oz

**NEW PRODUCT!**
Made Fresh Daily WITH GRH VEGGIES!

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**Organicville**

- **BALSAMIC WITH OLIVE OIL | 8OZ**
  - $2.49
  - Reg. $4.89
- **STONE GROUND MUSTARD | 12OZ**
  - $2.99
  - Reg. $4.99
- **SUN DRIED TOMATO & GARLIC DRESSING | 8OZ**
  - $3.49
  - Reg. $4.89

**DE LA CALLE**

Organic Pineapple Spice drink
12OZ
$1.99
Reg. $2.99

**TENDER & TRUE**

Turkey & Brown Rice Dog Paté
13.2OZ
$3.19
Reg. $3.89

**LILY’S**

White Chocolate Style, Birthday Cake
Plus Select Varieties
2.8OZ
$3.29
Reg. $4.49

**QUINN**

Whole Grain Pretzel Sticks
5.6oz
$2.99
Reg. $4.19

**ALDENS**

Organic Ice Cream, Vanilla Bean
Plus Select Varieties
48OZ
$7.89
Reg. $10.79

**NAPOLEON**

Quatered Artichokes
13.75OZ
$3.39
Reg. $3.99

**KIN EUPHORIC**

Lightwave Grounding Calm
Plus Select Varieties
8oz
$2.99
Reg. $3.49

**PICKY BARS**

Blueberry Boomdizzle Energy Bar
Plus Select Varieties
1.6OZ
$1.89
Reg. $2.59

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**OLYKRAUT**
Organic Raw Sauerkraut
16oz
$6.99
Reg. $8.69

**RIGHTeous**
Dairy Free Sorbetto, Raspberry Lime
Plus Select Varieties
19oz
$6.19
Reg. $8.19

**PIRQ**
Superfood Protein Shake, Golden Vanilla
Plus Select Varieties
11oz
$1.99
Reg. $2.79

**ALL IN**
Energy Drink, Grapefruit
Plus Select Varieties
12oz
$1.99
Reg. $2.69

**HEART WATER**
Still Rainwater, Pink Himalayan Minerals
23.9oz
$2.49
Reg. $3.69

**UGLIES**
Potato Chips, Sea Salt
Plus Select Varieties
6oz
$2.59
Reg. $2.99

**PETE & GERRY’S**
Organic Free Range Eggs, Large
1 dozen
$4.99
Reg. $5.69

**PRIMAL KITCHEN**
Avocado Oil Mayo
12oz
$8.39
Reg. $10.89

**SPUDLOVE**
Organic Potato Chips, Sea Salt
Plus Select Varieties
5oz
$3.29
Reg. $4.49

**SPARKLING BLOOD**
Sparkling Blood Orange Soda
25.4oz
$3.99
Reg. $4.49

A rich & rounded (but slightly bitter) sparkling blood orange mixed with organic cane sugar to create the perfect beverage for orange fanatics.

**Uglies**
Potato Chips, Sea Salt
Plus Select Varieties
6oz
$2.59
Reg. $2.99

**Pete & Gerry’s**
Organic Free Range Eggs, Large
1 dozen
$4.99
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## Discounts on Supplement and Beauty Care Items

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### DEEBEE’S ORGANICS
- Superfruit Freezie Freezer Pops: 13.5oz, $4.99 (Reg. $6.29)
  - Prices effective 6/24/22 – 7/21/22

### BUDDHA TEAS
- Hibiscus Tea: 18 bags, $4.99 (Reg. $7.59)
  - Prices effective 6/24/22 – 7/21/22

### GEROLSTEINER
- Sparkling Mineral Water: 25.3oz, $2.59 (Reg. $3.49)
  - Prices effective 6/24/22 – 7/21/22

### SANZO
- Sparkling Water, Lychee: 12oz, $1.79 (Reg. $2.49)
  - Prices effective 6/24/22 – 7/21/22

### FOOD FOR LIFE
- Ezekial Flourless Sprouted Grain Bread, Low Sodium: 24oz, $5.49 (Reg. $7.49)
  - Prices effective 6/24/22 – 7/21/22

### COSMIC BLISS
- Chocolate Walnut Brownie Ice Cream, Non Dairy: 14oz, $3.49 (Reg. $4.89)
  - Prices effective 6/24/22 – 7/21/22

### DANDIES
- Vegan Marshmallows: 10oz, $3.49 (Reg. $4.89)
  - Prices effective 6/24/22 – 7/21/22

### SANZO
- Sparkling Water, Lychee: 12oz, $1.79 (Reg. $2.49)
  - Prices effective 6/24/22 – 7/21/22

### BOIRON
- Arnicare Gel: 4.2oz, $13.49 (SRP $19.27)
  - SELECT BOIRON PRODUCTS 30% Off

### Coppers Rescue
- 1 ea, $29.19
  - Thanks to Copper Rescue’s antimicrobial properties, help fight off colds, cold sores, warts, as well as clean minor cuts.

### Enzymedica
- Digest Spectrum: 30cap, Sale $18.49 (SRP $23.98)
- GlutenEase: 60cap, Sale $25.49 (SRP $33.99)
  - SELECT ENZYMEDICA FOOD INTOLERANCE ENZYMES 25% Off!

### MegaFood
- Blood Builder: 60tab, $20.59 (SRP $31.76)
  - SELECT MEGAFood PRODUCTS 35% Off!

### ENTIRE LINE 30% Off!

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NEW!
Solaray Liposomal Multivitamins
35% OFF!

Liposomal Multivitamin Women’s | 60cap
SRP $49.99........................................Sale $32.49
Liposomal Multivitamin Men’s | 60cap
SRP $49.99........................................Sale $32.49
Liposomal Multivitamin Universal | 60cap
SRP $49.99........................................Sale $32.49
Liposomal Multivitamin Women’s 50+ | 60cap
SRP $49.99........................................Sale $32.49

Solaray is
#1
Unit Sales in A-Z Vitamins, Multivitamins, Calcium, & Minerals combined®

ENHANCED ABSORPTION
Liposomal Multivitamins

100%
Liposomal Nutrients

ALL GARDEN OF LIFE RAW PROBIOTICS, DR. FORMULATED PROBIOTICS, AND THE NEW DR. FORMULATED TRIPLE ACTION PROBIOTICS

35% OFF!

Dr. Formulated Probiotic Digestive Immune
Pre-Pro+Postbiotics 30 billion | 30cap
SRP $39.99........................................Sale $25.99
Dr. Formulated Once Daily Women’s 50 billion | 30cap
SRP $42.99........................................Sale $27.89
Dr. Formulated Once Daily 30 billion | 30cap
SRP $32.99........................................Sale $21.39
Raw Probiotics Kids 3.4oz
SRP $30.99........................................Sale $20.09
Raw Probiotics Ultimate Care 100 billion | 30cap
SRP $56.99........................................Sale $36.99
Raw Probiotics Colon Care 50 billion | 30cap
SRP $44.99........................................Sale $29.19

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**SELECT NATURE’S WAY ALIVE! 25-35% Off**

- **Alive! Calcium** | 120tab
  SRP $41.99........... **Sale $27.29**

- **Alive! Women’s 50+ Multivitamin** | 75ct
  SRP $20.99........... **Sale $13.59**

**SELECT BLUEBONNET PRODUCTS 30% Off!**

- **Beautifully Hyaluronic Acid 100mg**
  90sg
  $15.99
  SRP $22.95

- **Nordic Naturals Omega 3’s & Cod Liver Oil**
  25% Off

- **Ultimate Omega 1000mg**
  120sg
  SRP $49.95...........
  **Sale $37.46**

- **Artic-D Cod Liver Oil**
  8oz
  SRP $28.95..........
  **Sale $21.69**

- **Alive! Calcium**
  120tab
  SRP $41.99...........
  **Sale $27.29**

- **Alive! Women’s 50+ Multivitamin**
  75ct
  SRP $20.99...........
  **Sale $13.59**

- **Super Enzymes**
  90tab
  SRP $21.99...........
  **Sale $14.29**

- **Probiotic 10 25 billion**
  50cap
  SRP $29.95...........
  **Sale $17.99**

- **CoQ10 100mg**
  60sg
  SRP $29.95...........
  **Sale $19.99**

- **RxOmega-3**
  120sg
  SRP $29.95...........
  **Sale $19.99**

**Select Now Foods Products 25-40% Off!**

- **CoQ10 100mg**
  60sg
  SRP $22.95...........
  **Sale $14.89**

- **RxOmega-3**
  120sg
  SRP $22.95...........
  **Sale $14.89**

- **Super Enzymes**
  90tab
  SRP $21.99...........
  **Sale $14.29**

- **Probiotic 10 25 billion**
  50cap
  SRP $29.95...........
  **Sale $17.99**

**New Rebate Tiers**

- Spend an average of **$700+ /month** or more & earn a 4% rebate credit.
- Spend an average of **$450-699.99 /month** & earn a 3% rebate credit.
- Spend an average **$250-449.99 /month** & earn a 2% rebate credit.

**Starting July 1, 2022**

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Department Spotlights
WHAT’S HAPPENING AT PILGRIM’S?

PRODUCE

At Pilgrim’s Produce Department, our selection of Certified Organic produce is extensive, and we source local produce as much as possible. Through our local natural grocers and buyers agreements, as well as small batch produce buying, we support a wide variety of local and regional growers and producers in the Coeur d’Alene area. Regardless of the season, Pilgrim’s Produce is committed to finding the freshest, healthiest and organic produce available for you and your family. More than 80% of our produce is Certified Organic, and we clearly label all our organic produce and non-organic produce so that you can make informed choices regarding your healthy shopping. Our prices are highly competitive, and we even offer a range of gourmet and unique ingredients, including fresh herbs, bulk dates and a wide selection of local Kootenai County mushrooms, when in season. None of our produce is irradiated, so you know you are getting the freshest produce available. We proudly source from over 15 local vendors, and over 46 items are Made Right Here in store!
Come visit our indoor organic “farmer’s market” and support your local community!

SUPPLEMENTS

In 1999, Pilgrim’s Market began in Coeur d’Alene as a small supplement store. Today, Pilgrim’s Supplements Department holds true to our roots, as we integrate diet, wellness, herbal remedies, and supplements into a completely natural lifestyle approach to your health. Through resources, referrals (both medical and natural health), education and wellness services, we can empower our customers to make the choices they need to discover optimal health.

Pilgrim’s selection of supplements, minerals, and herbal remedies is one of the largest in the Coeur d’Alene area! Our shelves are full of trusted brand names and Non-GMO Project Verified supplements featured at significant discounts, including Garden of Life, New Chapter, Nature’s Way, Solaray, Nature’s Life, Aloe Life, Natural Factors, Sovereign Silver, Vitanica, MRM, Dr.’s Best, Country Life, Dr. Christopher’s, Enzymedica, Source Naturals, Herb Pharm, Oregon’s Wild Harvest, Wish Garden, Nordic Naturals, Carlson’s, and many more.
Come visit our supplements department! Your needs are our passion; we are happy to help!
THANK YOU...

For making Pilgrim’s Beer and wine Dept. Inlander’s North Idaho’s Best Wine Shop. We’ve never been a shop that holds a lot of value in critics opinions, but this honor comes from you, our customers, and we thank you! Knowing that you appreciate and enjoy the wines we choose makes our job rewarding. All of it is meaningless if you do not have a fulfilling experience.

To show our appreciation: Pilgrim’s Market will offer a one day sale, everything 20% off in Beer and Wine & Gourmet Cheese!!

- Cheers & Thank you!
SARA, BEER & WINE MANAGER
PRODUCE DEPARTMENT
HARVEST FESTIVAL
ENTIRE DEPARTMENT 20% OFF!
Aug. 17th

ONE DAY Sale!

ORGANIC CORN
4 for $3
8/22-28

FRESH SALMON & STEELHEAD
Pilgrim’s Meat Dept. Spotlight

FORCE OF NATURE®
New Brand!
Pilgrim’s Meat Dept. Spotlight

STASHER® PRODUCTS
20% off!
Assorted Varieties
All Month!

PILGRIM’S DELI SPOTLIGHT:
Housemade Salsas & 6-Layer Dip

20% off!

PILGRIM’S BAKEHOUSE SPOTLIGHT:
Cherry Turnover

PILGRIM’S GIFT & FLORAL SPOTLIGHT:
Indoor House Plants

PILGRIM’S BULK SPOTLIGHT:
Bulk Trail Mix

PILGRIM’S PRODUCE SPOTLIGHT:
Hermiston Cantaloupe

89¢/lb.
ON SALE
WHILE SUPPLIES LAST

Pilgrim’s Deli
Deli Spotlight

1 Week Sale
AUGUST 14-20

20% off!

Pilgrim’s Bakehouse
Bakehouse Spotlight

1 Day Sale
AUGUST 12

25% off!

Pilgrim’s Bulk
Bulk Spotlight

Entire Line on Sale
ALL MONTH!

8/5-19
15% off!

CULTURED MAMA
ENTIRE DEPARTMENT 20% OFF!

Force of Nature®
New Brand!
Pilgrim’s Meat Dept. Spotlight

MADE WITH ORGANIC INGREDIENTS

Pilgrim’s Deli
Deli Spotlight

20% off!

Pilgrim’s Bakehouse
Bakehouse Spotlight

20% off!

Pilgrim’s Bulk
Bulk Spotlight

20% off!

PRODUCE DEPARTMENT
Harvest Festival
Entire Department 20% Off!

Aug. 17th

One Day Sale!

Organic Corn

4 for $3
8/22-28

Fresh Salmon & Steelhead
Pilgrim’s Meat Dept. Spotlight

Force of Nature®
New Brand!
Pilgrim’s Meat Dept. Spotlight

Stasher® Products
20% off!
Assorted Varieties
All Month!

Pilgrim’s Deli
Deli Spotlight

Housemade Salsas & 6-Layer Dip
20% off!

Pilgrim’s Bakehouse
Bakehouse Spotlight

Cherry Turnover

Pilgrim’s Gift & Floral
Gift & Floral Spotlight

Indoor House Plants

Pilgrim’s Bulk
Bulk Spotlight

Bulk Trail Mix

Pilgrim’s Produce
Produce Spotlight

Hermiston Cantaloupe

89¢/lb.
ON SALE
WHILE SUPPLIES LAST

Cultured Mama

Entire Department 20% Off!

20% off!

Pilgrim’s Deli
Deli Spotlight

20% off!

Pilgrim’s Bakehouse
Bakehouse Spotlight

20% off!

Pilgrim’s Bulk
Bulk Spotlight

20% off!

Pilgrim’s Produce
Produce Spotlight

Hermiston Cantaloupe

89¢/lb.
ON SALE
WHILE SUPPLIES LAST

There shall be eternal summer in the grateful heart.
-Celia Thaxter
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AUGUST

“There shall be eternal summer in the grateful heart.”
-Celia Thaxter

BACHAN’S
Japanese Barbecue Sauce
17oz
$6.59
Reg. $8.59

BOXED WATER IS BETTER
Purified Water
33.8oz
$1.49
Reg. $1.99

PATH OF LIFE
Southwest Mango Quinoa Blend
10oz
$4.49
Reg. $5.89

VAN LEEUWEN
Non-Dairy Brown Sugar Honey Bars
9.2oz
$5.29
Reg. $7.19

Prices effective 7/22/22 – 8/18/22

LIVE MORE ORGANICS
Mind Over Mango Smoothie
Plus Select Varieties
8oz
$3.49
Reg. $4.99

SERENITY KIDS
Beef Kale Sweet Potato Toddler Pouch
Plus Select Varieties
3.5oz
$2.89
Reg. $3.89

Prices effective 7/22/22 – 8/18/22

Maple Syrup, Grade A Dark Color Robust
32oz
$22.99*
Reg. $31.79

We are a 7th Generation, Family owned and operated, supplying only US Organic syrup. By choosing Coombs Family Farms products, you’re helping to keep working farmland open and sowing the seeds for a healthier, more sustainable society.

That’s no drop in the bucket.

Prices effective 7/22/22 – 8/18/22 | *with $2 coupon

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“There shall be eternal summer in the grateful heart.”
-Celia Thaxter

**AUGUST**

**EMERALD COVE®**

**Pacific Kombu**
1.76oz
$4.69
SRP $6.99

**Organic Toasted Sushi Nori**
10-6g
$5.89
SRP $7.99

**Pacific Wakame**
1.76oz
$4.89
SRP $6.69

**SELECT EMERALD COVE SEAWEED ON SALE!**

**NAPOLEON**
Extra Virgin Olive Oil
16.9oz
$7.99
Reg. $9.99

**Collagen Hyaluronic Acid Unflavored**
9.52oz
$29.99..........
Sale $19.19

**Collagen Protein Powder, Chocolate**
20.74oz
$44.99..........
Sale $29.24

**Collagen Coconut MCT Powder, Vanilla**
14.39oz
$39.99..........
Sale $25.99

**Collagen Creamer 10mg, Chocolate**
12.06oz
$39.99..........
Sale $25.99

**Collagen Turmeric, Apple Cinnamon**
7.76oz
$34.99..........
Sale $22.74

**Collagen Beauty, Strawberry Lemonade**
9.52oz
$34.99 Sale..........
$22.74

**Collagen Peptides, Unflavored**
9.87oz
$39.99 Sale..........
$25.99

**Select Now Foods Products**
25-40% Off!

**Whey Factors and Protein & Greens**
25% Off!

**SELECT BOIRON PRODUCTS**
30% Off!

**Collagen 35% OFF!**

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**Select Boiron Products**
30% Off!
“There shall be eternal summer in the grateful heart.”
-Celia Thaxter

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**JEFFREY JAMES BOTANICALS**

**The Creme | 2oz**

$31.49
SRP $42.00

**The Wash | 4oz**

$14.99
SRP $20.00

ENTIRE LINE 25% Off!

**NORDIC NATURALS**

**PROBIOTIC GUMMIES FOR KIDS | 60ct**

SRP $14.95
Sale $11.19

ENTIRE LINE 25% Off!

**irwin naturals**

**Mega B-Complex | 60ct**

$13.99
Reg. $16.96

**Whole Body Turmeric+ | 60sg**

$18.99
Reg. $26.95

ENTIRE LINE 30% Off!

**SELECT NATURE’S WAY ALIVELVITAMINS & IMMUNE PRODUCTS**

25-35% Off!

**Once again, we urge our customers to wear a mask.**
"By the lovely tokens September days are here, with summer's best of weather and autumn's best of cheer.” - Helen Hunt Jackson

**PILGRIM’S PRODUCE SPOTLIGHT:**
New Crop Organic Washington Pears

**MOD® BRAND SOCKS**
Men's and Women's styles and sizes
20% off!
9/8-15

**PILGRIM’S DELI SPOTLIGHT:**
Harvest Sandwich

**FREESTONE PEACHES**
$3.99/lb
9/1-15
2 week sale

**BULK SAUSAGE**
Housemade at Pilgrim’s Market
Meat Dept. Spotlight

**BACK TO SCHOOL**
Buy a PBH Jam & get a Toaster Loaf on us!
9/2-5

**PILGRIM’S DELI SPOTLIGHT:**
Take-N-Bake Meals
Tamales or Meatloaf
20% off!
GREAT FOR AN EASY DINNER!

**PUMPKIN IS BACK!**
Toasters, Cinnamon Rolls, Pies, Muffins, Scones, GF Bars & Breads!

**Boar’s Head**
Premium Lunch Meats
Perfect for BACK TO SCHOOL

**PILGRIM’S BULK SPOTLIGHT:**
Fresh, You-Grind Almond Butter & Peanut Butter
20% off!

**SEPTMBER 1-9**
Entire Line On Sale

**ENTIRE LINE ON SALE**
SEPTEMBER 1-9

**ENTIRE LINE ON SALE**
SEPTEMBER 5-9

**ENTIRE LINE ON SALE**
SEPTEMBER 16-30

**PILGRIM’S PRODUCE SPOTLIGHT:**
New Crop Organic Washington Pears

**PUMPKIN IS BACK!**
Toasters, Cinnamon Rolls, Pies, Muffins, Scones, GF Bars & Breads!

**Local Supplier - Coeur d’Alene, ID**
Little Roamer Studio
Made by Hand & from the Earth
Soy Wax & Essential Oil Candles
9oz

**TAMALE OR MEATLOAF**
20% off!
GREAT FOR AN EASY DINNER!

**ENTIRE LINE ON SALE**
SEPTEMBER 1-9

**PILGRIM’S DELI SPOTLIGHT:**
Take-N-Bake Meals
Tamales or Meatloaf
20% off!
GREAT FOR AN EASY DINNER!

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**Local Supplier - Coeur d’Alene, ID**
Little Roamer Studio
Made by Hand & from the Earth
Soy Wax & Essential Oil Candles
9oz

**ENTIRE LINE ON SALE**
SEPTEMBER 1-9
CHOCXO
Dark Chocolate Almond Butter Cups
3.45oz
$3.39
Reg. $4.99

KETO PINT
Keto Peanut Butter Cup Ice Cream
16oz
$4.89
Reg. $5.89

WORLD CENTRIC
Plant Based Fork
24ct
$2.29
Reg. $3.29

SEAL THE SEASONS
Organic Oregon Blueberries
32oz
$9.89
Reg. $14.19

KETO PINT
Keto Peanut Butter Cup
72ct
$4.89
Reg. $5.89

LIFEWAY
Organic Whole Milk Kefir, Mixed Berry
32oz
$4.59
Reg. $5.59

Torie & Howard
Organic Chewie Fruities, Lemon Raspberry
2.1oz
$1.29
Reg. $1.79

MILKADAMIA
Macadamia Milk, Original
32oz
$4.49
Reg. $5.79

SPUDLOVE
Organic Potato Chips, Sea Salt
5oz
$3.49
Reg. $4.49

STARLITE CUISINE
Taquitos, Vegan Chicken Style
14oz
$5.59
Reg. $7.79

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SEPTEMBER

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We are a 7th Generation, Family owned and operated, supplying only US Organic syrup. By choosing Coombs Family Farms products, you’re helping to keep working farmland open and sowing the seeds for a healthier, more sustainable society.

That’s no drop in the bucket.
SEPTEMBER

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Entire Line 35% Off

Vitamin Code 50 & Wiser Whole Food Multivitamin | 120cap
SRP $48.99.............Sale $31.79

Anxi-T | 60cap
SRP $37.99.............Sale $24.69

Entire Line 30% Off

CBD+Power to Sleep | 60sg
SRP $33.32.............Sale $23.29

Ginkgo Smart | 60sg
SRP $22.65.............Sale $15.86

SELECT NORDIC NATURALS 25% Off

Postnatal Omega-3 | 60sg
SRP $34.95.............Sale $26.19

Complete 3-6-9 1000mg | 60sg
SRP $18.95.............Sale $14.19

EPA | 60sg
SRP $29.95.............Sale $22.46

SELECT NATURE’S WAY IMMUNE PRODUCTS 25-35% Off

Umcka Elderberry Cold+Flu Syrup | 4oz

Zinc Gummies | 120ct
SRP $17.89.............Sale $13.39

SELECT NOW FOODS PRODUCTS 25-40% Off

Vitamin C-1000 | 100tab
SRP $12.99.............Sale $9.79

EPA
SRP $29.95.............Sale $22.46

Garden of Life

Vitamin Code 50 & Wiser Whole Food Multivitamin | 120cap
SRP $48.99.............Sale $31.79

Vitamin Code Raw Vitamin C | 60cap
SRP $20.99.............Sale $14.69

Raw Organic Protein, Vanilla | 22oz
SRP $47.99.............Sale $33.59

Dr. Formulated Probiotics Once Womens Daily | 30cap SRP
$42.99.............Sale $30.09

Mykind Organics Elderberry Gummy | 120ct
SRP $35.99.............Sale $25.89

Grass Fed Collagen Peptides | 8.87oz
SRP $43.99.............Sale $29.79

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Entire Line 30% Off

Entire Line 30% Off

SELECT NOW FOODS PRODUCTS 25-40% Off

Vitamin C-1000 | 100tab
SRP $12.99.............Sale $9.79

EPA
SRP $29.95.............Sale $22.46

ENTIRE LINE 30% OFF!
Select Nutrigold Products
35% Off!

Healthy Weight Loss
30 caps
$25.99
SRP $39.98

Melatonin Gold 5mg
60 caps
$15.59
SRP $23.98

CoQ10 100mg
60 caps
$12.99
SRP $19.98

Vitamin D3 Gold 2000iu
60 caps
$9.09
SRP $13.98

Vitamin K2 + D3 Gold
60 caps
$22.09
SRP $33.98

Product statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease. Prices effective 9/1/2022-9/30/2021, unless otherwise stated.
**PILGRIM’S IN-HOUSE RECIPE CORNER**

### Easy Fish Tacos (GF)

**Ingredients:**
- ¼ tsp each chili powder, cumin, dried oregano
- 2-4 salmon fillets from Pilgrim’s market deli case
- ½ cup shredded red cabbage
- ½ cup shredded green cabbage
- 2 tbsp sliced green onion
- 2 tbsp shredded carrots
- ¼ cup Pilgrim’s market Peruvian green sauce
- 4-6 corn tortillas warmed in the oven or on the stovetop

**Additional Toppings:**
- Pilgrim’s market chili aioli
- Pilgrim’s market mango salsa
- Sliced avocado

**Directions:**
1. Preheat the oven to 350 degrees Fahrenheit.
2. In a pan, sauté onions, broccoli, and cauliflower with 1 tbsp of olive oil.
3. In a medium-sized casserole dish, combine all ingredients except cheddar cheese and bread. Add a little salt and pepper to taste, and stir until blended. Slice and dice a hearty amount of bread into crouton-sized cubes and spread over the entire dish.
4. Place in oven and cook uncovered for 25-30 minutes or until bread is lightly brown and contents are bubbling up from the sides.
5. Sprinkle cheddar cheese over the top and return to the oven until melted.
6. Enjoy!

### Kat’s Chicken Pot Pie (GF)

**Ingredients:**
- 16oz Pilgrim’s market homestyle potato soup
- 1 Pilgrim’s market GF seeded boule loaf
- 1 or 2 cups shredded chicken
- ¼ cup peas
- ¼ cup corn
- ¼ cup diced red onion
- ¼ cup broccoli florets
- ¼ cup cauliflower florets
- ¼ cup shredded carrots
- ¼ cup grated cheddar cheese

**Directions:**
1. Preheat the oven to 350 degrees Fahrenheit.
2. In a pan, sauté onions, broccoli, and cauliflower with 1 tbsp of olive oil.
3. In a medium-sized casserole dish, combine all ingredients except cheddar cheese and bread. Add a little salt and pepper to taste, and stir until blended. Slice and dice a hearty amount of bread into crouton-sized cubes and spread over the entire dish.
4. Place in oven and cook uncovered for 25-30 minutes or until bread is lightly brown and contents are bubbling up from the sides.
5. Sprinkle cheddar cheese over the top and return to the oven until melted.
6. Enjoy!

### Sundried Tomato Alfredo Sauce (GF)

**Ingredients:**
- ½ cup butter
- 1 pint (2 cups) heavy cream
- 4 oz cream cheese
- ½ tsp minced garlic
- 1 tsp garlic powder
- ¼ tsp salt
- ¼ tsp pepper
- 1 cup shredded parmesan cheese
- 8 oz Pilgrim’s market sundried tomato pesto
- Cooked pasta of choice
- Bread of choice

**Directions:**
1. In a medium saucepan, add butter, heavy cream, and cream cheese. Cook over medium heat and continually whisk until melted.
2. Add minced garlic, garlic powder, salt, and pepper. Continue to whisk until smooth.
3. Add parmesan cheese and Pilgrim’s market sundried tomato pesto. Whisk until combined.
4. Bring to a simmer and continue to cook for 3-5 mins until all cheese is melted. (If the sauce is too thick add a little more heavy cream, if it’s too thin add a little more cheese.)
5. Pour over your favorite cooked pasta or dip it in your favorite bread. (Or both!)
6. Enjoy!
STAFF SUMMERTIME FAVORITES

Joe
TEAM CAPTAIN
CULTURED MAMA PROBIOTIC MUSTARD
“THIS IS SIMPLY THE BEST MUSTARD I HAVE EVER HAD FOR SUMMERTIME BBQ”

Ansley
DELI MANAGER
DELI SMOOTHIES
“DELI SMOOTHIES ARE A GREAT SUMMER TREAT ON THE GO!”

David
SUPPLEMENTS
CULTURED MAMA CASHEW CHEESECAKES
“HEALTHIEST INGREDIENTS AND EASILY THE YUMMIEST CHEESECAKE I’VE EVER HAD”

Morgan
PRODUCE MANAGER
PILGRIMS IMMUNITY HOT SHOT
“DELICIOUS COLD-PRESSED IMMUNITY SHOT WITH CAYENNE, PROBIOTICS, AND VITAMIN C, MADE RIGHT HERE!”

John
GRAPHIC DESIGNER
SAMBAZON LOW CALORIE BLOOD ORANGE ENERGY DRINK
“CRISP, REFRESHING, AND POSSIBLY THE BEST TASTING SUGAR-FREE ENERGY DRINK YOU’LL EVER FIND.”

Kevin
STORE MANAGER
PILGRIMS BAKEHOUSE HAMBURGER & HOTDOG BUNS
“PERFECT FOR SUMMER TIME BBQ’S WITH THE FAMILY AT PRIEST LAKE!”
Social Media Secret Sunday Sale!

Every Saturday at 5pm. Check out our Facebook or Instagram post to discover our Secret Sunday Sale of a popular item up to 50% discount.

Get The Most Out of Shopping!
Rebates Every January & July

1. Spend an average of $700+/month or more & earn a 4% rebate credit.
2. Spend an average of $450-699.99/month & earn a 3% rebate credit.
3. Spend an average $250-449.99/month & earn a 2% rebate credit.

• Exclusive Pilgrim’s Coupons Mailed Every Quarter
• Rebates are loaded on your account at the register

EMPLOYEE SPOTLIGHT
KEITH
Grocery Manager

1. WHERE ARE YOU FROM?
My family and I moved here from Sheridan, Wyoming in 2019, but my home state is Texas. At the same time our oldest son was accepted to flight school at Moody Aviation in Spokane, WA, we had an offer to purchase our natural food store (Good Health Market), in Sheridan. As we also had a new son at that time, along with two other children, we felt God was calling us to move to CDA as a family unit.

2. WHAT LED YOU TO APPLY AT PILGRIMS MARKET?
Our family had owned Good Health Market (a small natural food store) in Sheridan, Wyoming for four years (2015-2019) prior to moving to Coeur d’Alene in 2019. When looking for employment in the area, Pilgrim’s Market was a good match.

3. WHAT IS YOUR ROLE HERE AT PILGRIMS MARKET?
My position at Pilgrim’s Market is the Grocery Department Manager. My favorite part about working at Pilgrim’s Market is the fast paced and ever-changing events and activities within the store. From the grocery side of things, there is always a need to refresh and dress up the items on shelves, front end displays, put new items on the shelves, and complete special orders for customers. Pilgrim’s Market has a lively atmosphere with a unique diversity of employees within each department, which adds to the high-spirited nature of the business.

4. TELL US ABOUT YOUR FAMILY!
I grew up in Texas. My wife is from Pennsylvania. We met in eastern Montana over 24 years ago, and we have spent the majority of our lives in Montana, Wyoming, and Idaho. We have four children, ages 21, 17, 11, and 3. We enjoy spending our time in the outdoors; gardening, hiking, camping, and traveling to new places (especially long road trips from time to time).

5. WHAT IS SOMETHING INTERESTING ABOUT YOU?
I grew up on a dairy farm in Texas and have spent several years in many different states working in the field of agriculture and natural resource management (as a Research Scientist, Community College Department Director & Instructor of Agriculture, and County Extension Agent with Cooperative Extension). Food systems, agriculture and the outdoors have always been a big part of my career and daily lifestyle. I have a Bachelors and Masters degrees in Rangeland Ecology and Watershed Management and enjoy learning to identify plant species in the field and better understand their nutritional and healing benefits for wildlife, livestock, and personal needs. I also enjoy hiking, fishing, hunting, and continuing to study the Bible and dig further into the truths of scripture (John 3:16).

How to redeem:
1. Rewards are issued twice a year, 01/02 & 07/02
2. Ask the cashier for your rewards balance.
3. Use the rewards just like cash to pay for your purchase

Be Inspired.
Work at Pilgrim’s Market.

• $18.50/hr starting compensation (includes bonus pay)
• Major/supplemental medical insurance offered
• Tuition & Student Loan reimbursement program
• Employee discounts
• 401K with 4% employer matching.

To apply, text “organic” to 85000 or visit www.pilgrimsjobs.com