June

Available ALL MONTH!

15% off! Hot Mama Kraut 6/1-6/29

PILGRIM’S BAKEHOUSE
MEXICAN WEDDING COOKIES

PILGRIM’S MARKET GRILL
CHIPOTLE CHICKEN SANDWICH

30% off!
ALL MONTH!

CULTURED MAMA
PROBIOTIC BRINES & HOT MAMA KRAUT

15% off! Hot Mama Kraut 6/1-6/8

April

May

30% off! 15% off!
6/1-6/8 6/1-6/29

PILGRIM’S MARKET GRILL
CHIPOTLE CHICKEN SANDWICH

Available ALL MONTH!

PILGRIM’S BAKEHOUSE
MEXICAN WEDDING COOKIES

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CHIPOTLE CHICKEN SANDWICH

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15% off! 15% off!
6/1-6/8 6/1-6/29

CULTURED MAMA
PROBIOTIC BRINES & HOT MAMA KRAUT

15% off! Hot Mama Kraut 6/1-6/29
I am writing this on Selection Sunday 2024 and generally, I enjoy playing sports immensely more than watching them, but March Madness always gives me the opportunity to witness a Cinderella story in real time and that's something that satisfies me to the core of my being! Maybe I see myself in the underdog story, or maybe I just have a bias against and a distrust of anything or anyone who has entrenched power, might and dominance. I have never heard anyone disagree with the famous claim that “Power tends to corrupt and absolute power corrupts absolutely.”

The Importance of Your Health Freedoms

I knowingly run the risk of offending some people, but I am going to say that I have never seen such a corrupt world-wide power grab as we witnessed during the last few years of Covid hysteria. It is being said that the World Health Organization (W.H.O.), which is an arm of N.A.T.O. is trying to take away our health freedoms via some sort of “Pandemic Treaty” to be voted on by member nations of NATO in May. It’s an ever-changing document and is somehow tied with a 1,722-page piece of legislation that became law in our own country in December 2022 called the National Defense Authorization Act. This topic is so complicated that I don’t have room to detail it here, but I urge you to research it as it might pose an existential threat to our health freedoms and even the sovereignty of our own country. Ultimately, I hope that you inform yourself and make your voice heard with your government representatives. This might be the ultimate David versus Goliath showdown as we the people must defend our health freedoms by going to battle with the most powerful international forces on earth. I can’t say that I fully understand the reasons for their desire for so much power and control but I know for sure that I don’t trust any single organization with that much power.

Pilgrims and Politics?

As a general rule, I believe in staying laser focused on the mission of Pilgrims Market which is to “serve empower and delight our health-seeking customers” and to “empower, challenge and reward our team members.” There are two instances in which I believe that taking a political stand is necessary and it’s because these two topics are existentially linked to our ability to deliver on our mission statement. When I see political forces aiming to force medical procedures on our customers and our community without informed consent then I must speak up. When I see political forces aiming to censor the free speech of highly capable, intelligent and informed medical doctors, researchers and healers, then I must speak up. Please personally investigate it.

What about Trader Joes?

Oh yeah, that! I am sure that the title of my missive today had you thinking that I was talking about our looming show-down with Trader Joe’s who will soon open across the street. The symbolism from that remarkable bit of history detailed in the first book of Samuel definitely seems a fitting way to describe our fight against corporate-food-industry giants. That being said, Trader Joe’s has a limited amount of organic and non-g.m.o. products in their stores and I will never disparage anyone for selling foods that are healthy for people and planet. They also have many foods with ingredients that we don’t approve of. At the end of the day however, our store offers thousands of items that Trader Joe’s does not, and I don’t believe that they are trying to put us out of business. They recognize that Pilgrims is a destination for people who value their food, and they want to benefit from the traffic that we have spent 24 years creating. That’s fine with me. I think that Pilgrims will benefit from traffic they bring to the neighborhood as well. Recognizing that we do indeed compete on some levels, I am sure that their presence will motivate myself and the entire Pilgrims team to be even more innovative and passionate about bringing amazingly fresh and healthy foods to you and that ultimately, we will be a better store because of it. I would also like to thank all of you that have been making supportive statements about us online and to your friends as I know that this has been a controversial and popular topic of conversation.

Pilgrims Rewards Program

We return nearly $500,000 per year back to our most supportive customers. The problem with the current program, however, is that, outside of the quarterly coupons attached to this circular, only 25% of our customers really benefit from the current version of the program. Details are not finalized yet, but please know that we will be changing the program come July to create benefit for every customer. And if you are one of our top customers, please don’t worry. Your benefits will remain just as great!

Publication Information
design@pilgrimsmarket.com
(208) 676-9730 ext.122
Pilgrim’s Health Connections is a quarterly publication of Pilgrim’s Market and is designed to educate and inform readers on issues pertaining to natural health and wellness. This publication requires no purchase.

Art Credits
Employee sketches and seasonal illustrations are the works of local artist Breana (@bre.gotham.art), or the work of Dakota Andrews (@k0da.rt)
Field's Grassfed Beef is the quintessential choice for meat eaters. This family-owned ranch raises their cattle on over 200 acres of lush grass meadows that are naturally nourished by the John Day River in Prairie City, Oregon. The free-flowing river fills with snow melt from the Strawberry Range and generates a diverse ecosystem that in turn, creates a terroir of grasses and herbs in the meadows upon which the cattle graze.

“The Field men have strong tradition of sharing their love for cattle and land with the next generations.” says Jeremy Field, third generation owner of Field's Grass Fed Beef. Grandpa Harvey Field purchased the ranch in Prairie City where he settled down and raised registered Hereford cattle. Harvey embraced the land and let nature guide his ranching practices. He applied the minimal intervention approach and allowed the cattle to roam freely to graze on nutrient-dense, native grasses. Harvey’s son, Richard took over in 1992 to continue his father’s legacy and add another major component to Field’s Grassfed Beef. Richard studied Piedmontese cattle and learned about their Myostatin gene mutation that causes the animals to have increased muscle mass with less fat and more tender meat. Once again, these western cattlemen let nature provide another facet of wholesome, quality meat. Now Richard’s son, Jeremy stands on the shoulders of his father and grandfather who have passed on their knowledge, values, and passion for cattle and land. Like his ancestors, Jeremy strives to expand the family legacy with his own innovative ideas. Jeremy completed a Master’s Degree in Agriculture from Oregon State University with a thesis in ‘Finding Sustainability in Grass Finished Beef Industry’. His motto is “Superior Grass Means Superior Beef”.

What about the beef? What sets it apart, besides nature? The beef is produced by crossing the Hereford cows with the Piedmontese bulls to achieve the perfect blend of lean meat that’s flavorful and juicy. Animals are born and raised on the ranch, they are never confined, and never treated with hormones or antibiotics. The cattle are grass finished which means they consume grass, grass hay, salt, and mineral until harvest. Field’s Grassfed Beef is certified by the American Grassfed Association. The beef is also dry aged to make the meat even more tender. Juicy Ribeye steak, nutritious beef liver, versatile ground beef, and meaty soup bones are some of Field’s products available at Pilgrim’s Meat Department. For the avant-garde palate, Pilgrims also carries Field’s grassfed heart, tongue, and neck bones. If you are looking for the ideal, anytime snack, you must try Field’s all natural jerky snacks!

Jeremy proudly stands as the steward of the animals and land at Field’s Ranch. What about Jeremy’s favorites? Jeremy sighed and said, “That’s a tough one but at this time of the year, I love a good soup simmered in bone broth and the jerky snacks are always a favorite, especially when I am on the road making deliveries.” I have to agree with Jeremy, I am fascinated with the various jerky snacks as well!
New Items
ONLY AT PILGRIM’S MARKET
MADE WITH ORGANIC INGREDIENTS

PILGRIM’S DELI
ASIAN GLAZED CHICKEN THIGHS

MARKET GARDEN (GRH)
FUEGO HOT NUTS

PILGRIM’S DELI
TURKEY PASTRAMI SANDWICH

PILGRIM’S DELI
SPICY BUFFALO CREAM CHEESE DIP

PILGRIM’S DELI
NEW GRAB-N-GO CONDIMENTS

PILGRIM’S DELI
CARAMELIZED FRENCH ONION DIP

PILGRIM’S BEVERAGE
NEW JUICES

PILGRIM’S BULK
ORGANIC HONEY BEENUT BUTTER

ALL OF THESE PRODUCTS ARE “MADE RIGHT HERE” AT PILGRIM’S MARKET. LOOK FOR THIS STICKER, WHICH SIGNIFIES ITEMS MADE IN THE STORE.
“Spring will come and so will happiness. Hold on. Life will get warmer.”  — Anita Krizzan

Discounts on supplement and beauty care items are taken off Manufacturer’s Suggested Retail Price. Sale is limited to on-hand quantities, and manufacturer participation. During these uncertain times, prices are subject to change. Prices effective 4/1/2024 – 4/30/2024, unless otherwise stated.
## April

### WILCOX
- Free Range Large Brown Eggs
  - 12ct
  - $3.49
  - Reg. $4.39

### ORGANICVILLE
- Organic Marinara Pasta Sauce
  - Plus Select Varieties
  - 24oz
  - $4.79
  - Reg. $6.49

### ANNIE'S
- Organic Bunny Fruit Snacks, Berry Patch
  - Plus Select Varieties
  - 7oz
  - $3.19
  - Reg. $8.69

### ANGIE'S
- Boom Chicka Pop Sweet & Salty Kettle Corn
  - Plus Select Varieties
  - 7oz
  - $2.69
  - Reg. $4.39

### CASCADIAN FARMS
- Organic Cinnamon Crunch
  - 9.2oz
  - $3.29
  - Reg. $7.99

### VEGGIECRAFT
- Zucchini Pasta, Spaghetti
  - Plus Select Varieties
  - 8oz
  - $3.39
  - Reg. $4.49

### ARTISANA
- Organic Raw Tahini
  - Plus Select Varieties
  - 14oz
  - $8.39
  - Reg. $11.39

### NATURE'S PATH
- Organic Rice Puffs
  - Plus Select Varieties
  - 6oz
  - $1.99
  - Reg. $2.69

### WHAT IF
- Bamnut Milk, Barista
  - 2oz
  - $2.89
  - Reg. $5.59

### RED'S
- Organic Bean & Cheese Burrito
  - Plus Select Varieties
  - 5oz
  - $1.99
  - Reg. $3.19

### LIFEWAY
- Organic Whole Milk Kefir, Peach
  - Plus Select Varieties
  - 32oz
  - $4.59
  - Reg. $5.79

### BOXED WATER IS BETTER
- Sparkling Water, Strawberry Elderflower
  - 12oz
  - $1.99
  - Reg. $2.79

### SWEET NOTHINGS
- Organic Spoonable Smoothie
  - Plus Select Varieties
  - 3.5oz
  - $1.99
  - Reg. $3.19

### LIFEWAVY
- Organic Whole Milk Kefir, Peach
  - Plus Select Varieties
  - 32oz
  - $4.59
  - Reg. $5.79

### GOOD IDEA
- Sparkling Water, Strawberry Elderflower
  - 12oz
  - $1.99
  - Reg. $2.79

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Discounts on supplement and beauty care items are taken off Manufacturer's Suggested Retail Price. Sale is limited to on-hand quantities, and manufacturer participation. During these uncertain times, prices are subject to change. Prices effective 4/1/2024 – 4/30/2024, unless otherwise stated.

**APRIL**

**BOB’S RED MILL**
Instant Oatmeal, Brown Sugar & Maple
Plus Select Varieties
9.88oz
$2.99
Reg. $5.19

Prices effective 3/25/24 - 4/21/24

**LUNDBERG**
Organic Jasmine Rice
8oz
$2.79
Reg. $4.69

Prices effective 3/25/24 - 4/21/24

**NAMASTE**
Waffle & Pancake Mix
21oz
$4.99
Reg. $8.29

Prices effective 3/25/24 - 4/21/24

**SPECTRUM**
Organic Sunflower Oil
16oz
$6.79
Reg. $11.19

Prices effective 3/25/24 - 4/21/24

**FARMSHER'S HEN HOUSE**
Organic, Free Range Medium Eggs
Plus Select Varieties
18ct
$4.99
Reg. $6.29

Prices effective 3/25/24 - 4/21/24

**MONTEBELLO**
Organic Spaghetti
Plus Select Varieties
16oz
$3.59
Reg. $6.19

Prices effective 3/25/24 - 4/21/24

**ALTER ECO**
Total Blackout
100% Cocoa
Plus Select Varieties
2.65oz
$2.69
Reg. $4.49

Prices effective 3/25/24 - 4/21/24

**MANITOBA HARVEST**
Hemp Hearts
8oz
$5.39
Reg. $8.89

Prices effective 3/25/24 - 4/21/24

**OLIPOP**
Prebiotic Sparkling Soda, Strawberry Vanilla
Plus Select Varieties
12oz
$1.99
Reg. $2.39

Prices effective 3/25/24 - 4/21/24

**HIPPEAS**
Chickpea Puffs, Bohemian Barbecue
Plus Select Varieties
4oz
$2.69
Reg. $4.29

Prices effective 3/25/24 - 4/21/24

**SEVENTH GENERATION**
Liquid Laundry Detergent, Lavender
Plus Select Varieties
90oz
$12.39
Reg. $20.19

Prices effective 3/25/24 - 4/21/24

**SUPER COLLAGEN PEPTIDES**
14.1oz
$28.55
SRP $35.69

Prices effective 3/25/24 - 4/21/24

**PRIME PHILUS REUTERI**
90cap
SRP $34.99..........
Sale $27.99

Prices effective 3/25/24 - 4/21/24

**CALM GUMMIES, ORANGE**
120ct
$21.99
SRP $30.99

Prices effective 3/25/24 - 4/21/24

**FLORA**
Organic Flax Oil
32oz
SRP $43.99..........
Sale $35.19

Prices effective 3/25/24 - 4/21/24

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*Prices effective 3/25/24 - 4/21/24*

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“Spring will come and so will happiness. Hold on. Life will get warmer.”

– Anita Krizzan

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**SELECT WHOLE EARTH & SEA**
20-30% Off!

**SELECT NATURES WAY**
20-30% Off!

**SELECT NOW PRODUCTS**
25-35% Off!

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“Prices effective 3/25/24 - 4/21/24”

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Prices effective 3/25/24 – 4/21/24, unless otherwise stated.
Discounts on supplement and beauty care items are taken off Manufacturer’s Suggested Retail Price. Sale is limited to on-hand quantities, and manufacturer participation. During these uncertain times, prices are subject to change. Prices effective 4/1/2024 – 4/30/2024, unless otherwise stated.

**Entire Line 25% Off!**

- **Lion’s Mane | 120cap**
  - $47.19
  - SRP $62.95
- **MycoBotanicals Brain | 60cap**
  - $23.96
  - SRP $31.95
- **Mycommunity | 60cap**
  - $30.69
  - SRP $40.95
- **Turkey Tail | 60cap**
  - $25.46
  - SRP $33.95
- **MycoBrew Mocha | 10.6oz**
  - $23.96
  - SRP $31.95
- **Breathe Extract | 1oz**
  - $15.69
  - SRP $20.95

**Entire Line 25% Off!**

- **Ultimate Omega | 180sg**
  - $60.76
  - SRP $75.95
- **Ultimate Omega | 8oz**
  - $62.36
  - SRP $77.95
- **Ultimate Omega | 60sg**
  - $24.76
  - SRP $30.95

**Nordic Ultimate Omega’s 20% Off!**

- **CBD Turmeric | 60sg**
  - Sale $24.99
  - SRP $33.32
- **Magnesium + Ashwagandha | 60sg**
  - Sale $21.99
  - SRP $29.32
- **Mega B Complex | 60sg**
  - Sale $15.99
  - SRP $21.32
- **Sinus Calm | 60sg**
  - Sale $9.29
  - SRP $13.29
- **Allergy Calm | 60sg**
  - Sale $9.29
  - SRP $13.29

**Entire Line 25% Off!**

- **CBD Turmeric | 60sg**
  - Sale $24.99
  - SRP $33.32
- **Magnesium + Ashwagandha | 60sg**
  - Sale $21.99
  - SRP $29.32
- **Mega B Complex | 60sg**
  - Sale $15.99
  - SRP $21.32
- **Sinus Calm | 60sg**
  - Sale $9.29
  - SRP $13.29
- **Allergy Calm | 60sg**
  - Sale $9.29
  - SRP $13.29

**On Sale 30% Off!**

- **Ultimate Omega | 180sg**
  - SRP $75.95
- **Ultimate Omega | 8oz**
  - SRP $77.95
- **Ultimate Omega | 60sg**
  - SRP $30.95
**Garden of Life**

**ENTIRE LINE**

**20-35% OFF!**

Dr. Formulated Probiotics Once Daily 30 bill | 30 cap SRP $34.99...............................................Sale $22.74
Dr. Formulated Probiotics Organic Kids+ 5 bill | 30 ct SRP $27.99...............................................Sale $18.19
Sport Grassfed Whey, Vanilla | 23.28 oz SRP $59.99...............................................Sale $38.99
Sport Plant Based Protein, Chocolate | 29.6 oz SRP $59.99...............................................Sale $38.99
MyKind Organics Women's Multi 40+ | 120 ct SRP $37.99...............................................Sale $24.69
MyKind Organics Plant Calcium | 90 tab SRP $41.99...............................................Sale $27.29

**HiBAR™**

**SOLID SHAMPOO & CONDITIONER MOISTURIZER**
2.7oz
$9.89
SRP $16.19

**DESERT ESSENCE®**

**ENTIRE LINE**

**25-30% Off!**

Tea Tree Whitening Toothpaste, Cool Mint | 6.25 oz SRP $8.39........ Sale $5.89
Tea Tree Whitening Mouthwash | 16 oz SRP $11.19...... Sale $7.79

**Terry Naturally**

**ENTIRE LINE**

**25% Off!**

Red Ginseng Energy | 30 tab $23.99
SRP $34.99

AnxioCalm 45 tab $29.99
SRP $42.99

Curamed Acute Pain Relief | 60 caps $40.99
SRP $62.99

Thyroid Care Plus | 60 caps $18.99
SRP $28.99

Curamin Extra Strength | 60 tab $38.99
SRP $62.99

Ashwagandha EP35 Extra Strength | 60 caps $22.99
SRP $39.99

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Product statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease. Prices effective 4/1/2024 – 4/30/2024, unless otherwise stated.

“Spring will come and so will happiness. Hold on. Life will get warmer.” – Anita Krizzan
COME JOIN US FOR
Pilgrim’s Events

2024 EVENTS:
Please RSVP via email to Julie at events@pilgrimsmarket.com

All classes will be in our new event space at 1411 N. 4th St, CDA, ID (the old Make Wine Make Beer building across the street from Pilgrim’s Market.

AMAZING MINERALS
DR. OTT

Dr. Ott, founder of Mother Earth Minerals is a Doctor of Philosophy in the field of nutrition who will speak on the importance of ingesting absorbable minerals to support wellness. The body can do amazing things to promote its own health when given the right materials in the right form. His dissertation and area of research was in the field of mineral nutrition and applied biochemical mineral reactions on a cellular level. Join us for a fascinating lecture on how earth-based minerals and water can support your health goals!

THURSDAY, APR. 11
6:00-7:30pm
FREE CLASS!
RSVP highly recommended but not required.

DR. TOBY PRESENTS: NATURE’S MIRACULOUS MOLECULES
THYMOQUINONE FROM BLACK CUMIN SEED OIL

Join Dr. Toby as he highlights the health benefits of this amazing molecule, the most prominent constituent of Nigella sativa seeds. Black cumin seed oil has been used to support asthma, hypertension, diabetes, inflammation, cough, bronchitis, headache, eczema, fever, hair loss, dizziness, and influenza. Thymoquinone has a wide spectrum of favorable biological activities, the most prominent being antioxidant, anti-inflammatory, antibacterial, antiviral, hepatoprotective, antimutagenic and antitumor activities.

THURSDAY, APR. 18
6:00-7:30pm
FREE CLASS!
RSVP highly recommended but not required.

COGNITIVE HEALTH
HILLARY NITSCHKE

Jarrow Formulas invites you to attend an informative training with featured speaker, Hillary Nitschke to discuss cognitive health, restful sleep, and more. Hillary will talk about Mag-Mind, the unique form of magnesium that passes the blood brain barrier and works to support optimal mental wellness, short- and long-term memory, and more. Hillary Nitschke is the National Educator for Jarrow Formulas and has been with Jarrow for 25 years. There will be a product raffle for attendees!

TUESDAY, APR. 23
6:00-7:30pm
FREE CLASS!
RSVP highly recommended but not required.

PAINT & WINE PARTY
CHRISTINA CAROTHERS: CAROTHERS CREATIVE

Sip on some fine wine, munch on gourmet snacks, and create a masterpiece! Local artist Christina will provide everything you need – canvas, paint, and brushes. Make it a party—bring friends and family!

Fee includes: 2 glasses of wine, snacks, personal instruction, 16x20 canvas & all painting supplies.

THURSDAY, APR. 25
5:30-7:30pm
FREE CLASS!
RSVP & prepayment highly recommended

CLASS SIZE LIMITED TO 15 PARTICIPANTS

PILGRIM’S EDUCATIONAL SENIOR EVENT:
HOW TO BE A VOLUNTEER
HOW TO BE A CLIENT
KELLY KIDD

Come learn the value of the Senior Companion Program. Understand the simplicity of this 50+ year old USA program. The benefits of both are simple and powerful; whether you choose to be a volunteer or a client.

THURSDAY, MAY 2
6:00-7:30pm
FREE CLASS!
RSVP highly recommended but not required.

101316 N 4th St, Coeur d’Alene, ID / 208.676.9730 / PilgrimsMarket.com / Mon-Sun 7am-8pm
**STRESS, SLEEP & MENTAL HEALTH SUPPORT FOR THE WHOLE FAMILY**

**JAMIE COTTER**

Since 1979, WishGarden Herbs has specialized in safe and effective herbal remedies that support our bodies through all the challenges modern life can present. Herbalist & Health Coach, Jamie Cotter, will share the best natural remedies for adults, kids, and pregnant moms to navigate stress, mood, and sleep. Refreshing herbal mocktails will be served and everyone will take home product samples.

**THURSDAY, MAY 9**
6:00-7:30pm
FREE CLASS!

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**KIDS’ CLASS: TERRA COTTA POT PAINTING**

**CAROTHERS CREATIVE**

Join us to create a special gift for mom; a terra cotta pot, hand-painted by the kiddos, with a plant to grow with the years! All ages welcomed!

**SATURDAY, MAY 11**
11:00am-12:00pm
FREE CLASS!

RSVP ASAP as this event fills up fast!

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**REVITALIZE YOUR CELLS WITH PEMF THERAPY**

**ASHLEIGH LINDEMANN**

Join Ashleigh Lindemann to learn about Pulsed Electromagnetic Field (PEMF) therapy. This non-invasive technology generates gentle electromagnetic pulses to recharge and reset each cell’s ability to speed up healing, repair damage, reduce pain, inflammation, and increase energy. Ashleigh will discuss the history of PEMF and its applications to promote wellness. On-site demos will be available at the class for you to experience PEMF Therapy along with first visit discount coupons.

**THURSDAY, MAY 23**
6:00-7:30pm
FREE CLASS!

**RSVP highly recommended but not required.**

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**A WORKSHOP ON BRAIN DEVELOPMENT AND BEHAVIORS**

**DR. ANNE**

Join Dr. Anne from Spoelstra Family Chiropractic for a dynamic workshop to deepen your understanding of behavior, uncover the effects of stress on the developing brain, and discover empowering strategies for supporting optimal brain development in children. Come learn how to better understand, support, and advocate for your child!

**TUESDAY, JUNE 11**
6:00-7:30pm
FREE CLASS!

**RSVP highly recommended but not required.**

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**INTERACTIVE INTRODUCTION TO BEER**

**STEVE & LARRY**

Join brewers Steve and Larry as they share the history of beer, and then move into a guided discussion comparing & contrasting some popular beer styles. You will sample examples of six different beers to explore some of the various flavors, colors, and aromas that can be created from the same handful of basic ingredients!

**ATTENDEES MUST BE AT LEAST 21 YEARS OF AGE (VALID ID REQUIRED)**

**THURSDAY, JUN. 27**
6:00-7:30pm
**COST: $10 per attendee**

RSVP & prepayment highly recommended.

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**PAINT & WINE PARTY**

**CHRISTINA CAROTHERS: CAROTHERS CREATIVE**

Sip on some fine wine, munch on gourmet snacks, and create a masterpiece! Local artist Christina will provide everything you need – canvas, paint, and brushes. Make it a party-bring friends and family!

**Fee includes:** 2 glasses of wine, snacks, personal instruction, 16x20 canvas & all painting supplies.

**THURSDAY, JUN. 6**
6:00pm-8:00pm
**CLASS SIZE LIMITED TO 15 PARTICIPANTS**

**COST: $40 per attendee**

RSVP & prepayment highly recommended.

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**FASTING FOR HEALTH AND LONGEVITY**

**HOLISTIC HEALTH COACH LAURIE LARSON**

The power of fasting: Discover the ancient practice of fasting and its incredible benefits for your body, mind, and spirit. Learn how to safely implement fasting into your lifestyle, boost your energy levels, enhance mental clarity, and promote overall vitality. Whether you’re a beginner or experienced faster, Laurie will provide invaluable insights and strategies tailored to your needs and health goals.

**THURSDAY, JUN. 20**
6:00-7:30pm
FREE CLASS!

**RSVP highly recommended but not required.**

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**PLEASE RSVP VIA EMAIL to Julie at events@pilgrimsmarket.com**
# Free Beer & Wine Tastings
ALL TASTINGS 3:30-6:00PM

| APR. 3RD | RADIO BREWING COMPANY |
| APR. 17TH | BOMBASTIC BREWING |
| APR. 19TH | CHÂTEAU GASSIER WINES |
| APR. 24TH | GRAND TETON BREWING |
| MAY 1ST | FIRESTONE WALKER BREWING COMPANY |
| MAY 8TH | KETTLEHOUSE BREWING CO. |
| MAY 10TH | LA RIOJANA ORGANIC WINES |
| MAY 15TH | TRADE EIGHTS COCKTAILS |
| MAY 24TH | CHATEAU DU TRIGNON WINES |
| JUN. 14TH | COLTER’S CREEK WINERY |
| JUN. 19TH | SAN JUAN SELTZERS |
| JUN. 21ST | COEUR D’ALENE CELLARS |

Thank you for voting us your #1 Wine Shop-North Idaho For the 3rd Year in a Row! (2022, 2023, 2024)

Come get a taste of Pilgrim’s!

Our demo coordinator, Lorri, is here offering delicious samples from various departments Tuesday through Saturday, from 10:00am – 4:00pm. This is your opportunity to try our wide variety of products available in-store, including our Grown Right Here (GRH) and Made Right Here (MRH) products. Check our social media for daily demo highlights!

Facebook: @Pilgrim’s Market Instagram: @pilgrimsmarket

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Our demo coordinator, Lorri, is here offering delicious samples from various departments Tuesday through Saturday, from 10:00am – 4:00pm. This is your opportunity to try our wide variety of products available in-store, including our Grown Right Here (GRH) and Made Right Here (MRH) products. Check our social media for daily demo highlights!

Facebook: @Pilgrim’s Market Instagram: @pilgrimsmarket

12 | 1316 N 4th St, Coeur d’Alene, ID / 208.676.9730 / PilgrimsMarket.com / Mon-Sun 7am-8pm
**MOTHER’S DAY Bouquets**

*BY DRAGON FLOWER DESIGN*

**BAKEHOUSE BERRY TARTS**

*BACK FOR THE SEASON!*

Available: 5/20-6/31

**MOTHER’S DAY CHOCOLATES**

*20% Off! Prepackaged Bulk Chocolate*

On Sale: MAY 10

**TOMATO SALE**

*10% Off! VINE, HEIRLOOM, AND BEEFSTEAK*

On Sale: MAY 6-19

**PILGRIM’S DELI CLASSIC BURGER**

*30% Off! From the Deli Grill*

On Sale: ALL MONTH!

**KLEEN KANTEEN® PRODUCTS**

*20% Off! Assorted Varieties*

On Sale: MAY 15-20

**MRH SOY CANDLES**

*20% Off! Reg. & G/F*

On Sale: MAY 9-12

**MEDITERRANEAN TAKE N’ BAKE PIZZAS**

*30% Off!*

On Sale: ALL MONTH!

**WASHINGTON-GROWN ASPARAGUS**

*$4.99/lb*

While Supplies Last

**MRH SOY CANDLES**

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**PILGRIM’S MARKET Exlusive**

**SALSA & HOT SAUCE SALE!**

*MADE WITH ORGANIC INGREDIENTS*

**NOW AVAILABLE**

**PILGRIM’S Deli Spotlight**

*MEXICAN WEDDING COOKIES*

*30% Off!*

On Sale: ALL MONTH!

**PILGRIM’S Bakehouse Spotlight**

*MEXICAN WEDDING COOKIES*

*30% Off!*

Available: ALL MONTH!

**PILGRIM’S Bakehouse Spotlight**

*EGG DROP SOUP Med and Lrg*

*30% Off!*

On Sale: ALL MONTH!

**PILGRIM’S Meat Spotlight**

*FIELD’S GRASSFED HAMBURGER AND STEAKS*

*Now Available*

**Three Day Sale**

*MAY 14-16TH*

**PILGRIM’S Plant Sale**

*ALL INDOOR FOLIAGE ON SALE!*

*30% Off!*

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*ALL INDOOR FOLIAGE ON SALE!*

*30% Off!*
<table>
<thead>
<tr>
<th>Product</th>
<th>Category</th>
<th>Description</th>
<th>Size</th>
<th>Regular Price</th>
<th>Discounted Price</th>
<th>Notes</th>
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<tbody>
<tr>
<td>SEAL THE SEASONS</td>
<td>Oat Milk, Chocolate</td>
<td>Bar</td>
<td>2.82oz</td>
<td>$7.39</td>
<td>$4.99</td>
<td>Price effective 5/2/24 - 5/31/24</td>
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<tr>
<td>LOVO</td>
<td>Organic Hard Candy</td>
<td>Lemon &amp; Raspberry</td>
<td>2oz</td>
<td>$4.59</td>
<td>$3.39</td>
<td>Price effective 5/2/24 - 5/31/24</td>
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<tr>
<td>THEO</td>
<td>70% Dark Chocolate,</td>
<td>Raspberry</td>
<td>3oz</td>
<td>$4.59</td>
<td>$3.39</td>
<td>Price effective 5/2/24 - 5/31/24</td>
</tr>
<tr>
<td>FARMERS HEN HOUSE</td>
<td>Organic Medium Brown</td>
<td>Eggs</td>
<td>18ct</td>
<td>$5.99</td>
<td>$4.99</td>
<td>Price effective 5/2/24 - 5/31/24</td>
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<tr>
<td>KETO PINT</td>
<td>Keto Peanut Butter Cup</td>
<td>Ice Cream</td>
<td>16oz</td>
<td>$7.39</td>
<td>$4.99</td>
<td>Price effective 5/2/24 - 5/31/24</td>
</tr>
<tr>
<td>LILLIE’S</td>
<td>Carolina BBQ Sauce</td>
<td></td>
<td>200z</td>
<td>$7.79</td>
<td>$5.69</td>
<td>Price effective 5/2/24 - 5/31/24</td>
</tr>
<tr>
<td>WILCOX</td>
<td>Organic Large Brown</td>
<td>Eggs</td>
<td>12ct</td>
<td>$5.99</td>
<td>$4.49</td>
<td>Price effective 5/2/24 - 5/31/24</td>
</tr>
<tr>
<td>RITTER SPORT</td>
<td>Dark Chocolate with</td>
<td>Marzipan</td>
<td>3.5oz</td>
<td>$4.19</td>
<td>$3.39</td>
<td>Price effective 5/2/24 - 5/31/24</td>
</tr>
<tr>
<td>POPPI</td>
<td>Prebiotic Soda, Doc</td>
<td>Pop</td>
<td>120z</td>
<td>$2.69</td>
<td>$1.19</td>
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<tr>
<td>QUE PASA</td>
<td>Organic Yellow Tortilla</td>
<td>Chips</td>
<td>11oz</td>
<td>$4.59</td>
<td>$3.39</td>
<td>Price effective 5/2/24 - 5/31/24</td>
</tr>
<tr>
<td>NAPOLEON</td>
<td>Extra Virgin Olive Oil</td>
<td></td>
<td>8.5oz</td>
<td>$7.19</td>
<td>$5.59</td>
<td>Price effective 5/2/24 - 5/31/24</td>
</tr>
<tr>
<td>Flackers</td>
<td>Flaxseed Crackers, Sea</td>
<td>Salt</td>
<td>5oz</td>
<td>$6.59</td>
<td>$4.89</td>
<td>Price effective 5/2/24 - 5/31/24</td>
</tr>
</tbody>
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Prices effective 5/1/2024 – 5/31/2024, unless otherwise stated.

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- Robin Williams
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Prices effective 4/22/24 – 5/26/24, unless otherwise stated.
Macaharmony® naturally supports normal hormone balance, menstrual and reproductive health from your teens through your reproductive years. Proven to support:

- normal hormone balance*
- normal menstrual cycles*
- symptoms related to monthly menstruation*
- healthy energy levels*
- balanced mood*
- normal reproductive health*
- clear skin, hair and nails*

Double-blind, placebo-controlled, clinical trial results with Macalife® showed a 74-82% success rate in supporting:

- normal hormone balance*
- hot flashes and night sweats*
- dryness and lack of desire*
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In double-blind, placebo controlled clinical trials 84% of women taking Macapause® experienced a highly statistically significant support for:

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- hot flashes and night sweats*
- mood and mental health*
- energy and sleep*
- hair, skin and nails*
- heart health*
- hair, skin and nails*

FEMMENESSENCE MACAHERMONY 120cap
SRP $36.99
Sale $29.59

FEMMENESSENCE MACALIFE 120cap
SRP $36.99
Sale $29.59

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Product statements have not been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease. Prices effective 5/1/2024 – 5/31/2024, unless otherwise stated.
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**Pilgrim’s Summer Berry Sale**

<table>
<thead>
<tr>
<th>Product</th>
<th>Discount</th>
<th>On Sale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic Raspberries</td>
<td>20% Off!</td>
<td>JUNE 3-9</td>
</tr>
<tr>
<td>Organic Blueberries</td>
<td></td>
<td>JUNE 10-16</td>
</tr>
<tr>
<td>Organic Grapes</td>
<td></td>
<td>JUNE 17-23</td>
</tr>
<tr>
<td>Organic Strawberries</td>
<td></td>
<td>JUNE 24-30</td>
</tr>
</tbody>
</table>

**Boody Wear® Products**

- 20% Off!
- Assorted Varieties
- On Sale: JUNE 10-23

**Hydroflask® Products**

- 20% Off!
- All Items
- On Sale: JUNE 10-17

**Organic Straws & Hot Mama Kraut**

- Made with organic ingredients
- Vegan | Dairy Free
- 15% Off!
- 6/1-6/29

---

*“And what is so rare as a day in June? Then, if ever, come perfect days.”*  
- John Keats
### Discounts on Supplement and Beauty Care Items

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### JUNE

**“And what is so rare as a day in June? Then, if ever, come perfect days.” - John Keats**

#### NATURE’S PATH
- **Heritage Flakes**
  - Plus Select Varieties
  - 13.25oz
  - **$3.79**
  - Reg. $5.89

#### BOXED WATER IS BETTER
- **Filtered Water**
  - Plus Select Varieties
  - 16.9oz
  - **$1.39**
  - Reg. $1.89

#### VAN LEEUWEN
- **Vanilla Bean Ice Cream**
  - Plus Select Varieties
  - 14oz
  - **$5.69**
  - Reg. $7.69

#### LIFEWAY
- **Organic Whole Milk Kefir, Peach**
  - Plus Select Varieties
  - 32oz
  - **$4.49**
  - Reg. $5.79

#### KALONA SUPERNATURAL
- **Organic Whole Milk Yogurt Cream Top**
  - Plus Select Varieties
  - 24oz
  - **$4.29**
  - Reg. $5.29

#### WILCOX
- **Mobile Pasture Raised Large Brown Eggs**
  - Plus Select Varieties
  - 12ct
  - **$5.49**
  - Reg. $6.69

#### FORAGE KOMBucha
- **Organic Kombucha, Peach**
  - Plus Select Varieties
  - 12oz
  - **$1.99**
  - Reg. $2.49

#### ETERNAL
- **Naturally Alkaline Spring Water**
  - Plus Select Varieties
  - 33.8oz
  - **$1.49**
  - Reg. $2.29

#### MANITOBA HARVEST
- **Organic Hemp Hearts**
  - Plus Select Varieties
  - 12oz
  - **$9.99**
  - Reg. $16.19

#### SELECT ANCIENT NUTRITION
**30-35% Off!**

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Price</th>
<th>Reg. Price</th>
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<tbody>
<tr>
<td>Multi Collagen Protein</td>
<td>16oz</td>
<td><strong>$34.39</strong></td>
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<td>Grass-Fed Liver</td>
<td>8oz</td>
<td><strong>$25.97</strong></td>
<td>$49.97</td>
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<tr>
<td>SBO Probiotics Gut Restore</td>
<td>60cap</td>
<td><strong>$32.47</strong></td>
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<tr>
<td>Multi Collagen Advanced Lean</td>
<td>15.9oz</td>
<td><strong>$35.69</strong></td>
<td>$54.95</td>
</tr>
<tr>
<td>Bone Broth, Vanilla</td>
<td>17.4oz</td>
<td><strong>$34.39</strong></td>
<td>$54.95</td>
</tr>
<tr>
<td>Organic Super Greens, Watermelon</td>
<td>8.82oz</td>
<td><strong>$29.19</strong></td>
<td>$44.95</td>
</tr>
</tbody>
</table>

Discounts on supplement and beauty care items are taken off Manufacturer’s Suggested Retail Price. Sale is limited to on-hand quantities, and manufacturer participation. During these uncertain times, prices are subject to change. Prices effective 5/27/24 - 6/23/24.
“And what is so rare as a day in June? Then, if ever, come perfect days.” - John Keats

**Discounts on supplement and beauty care items are taken off Manufacturer’s Suggested Retail Price. Sale is limited to on-hand quantities, and manufacturer participation. During these uncertain times, prices are subject to change. Prices effective 6/1/2024-6/30/2024, unless otherwise stated.**

**Select Garden of Life 30-35% Off!**

**Dr. Formulated Probiotics 35% Off!**

- **Dr. Formulated Once Daily Women’s 50bill** | 30cap
  - SRP $45.99 .......... **Sale $32.10**
- **Vitamin Code Raw Vitamin C** | 120cap
  - SRP $37.99 .......... **Sale $26.59**
- **Grass-Fed Collagen Peptides** | 19.75oz
  - SRP $46.99 .......... **Sale $32.89**
- **Sport Organic Greens, Apple Berry** | 3.52oz
  - SRP $49.99 .......... **Sale $36.99**
- **MyKind Organics Kid’s Multi Gummies** | 120ct
  - SRP $37.99 .......... **Sale $26.59**
- **Vitamin Code Healthy Blood** | 60cap
  - SRP $18.99 .......... **Sale $13.29**

**Select Nature’s Way 20-30% Off!**

- **Milk Thistle** | 60cap
  - SRP $23.49 .......... **Sale $16.44**
- **Dandelion Root** | 100cap
  - SRP $11.49 .......... **Sale $7.99**
- **Digest Gold** | 45cap
  - SRP $32.99 .......... **Sale $24.74**
- **Bone Strength Take Care** | 60tab
  - SRP $40.79 .......... **Sale $28.49**
- **One Daily Prenatal Multivitamin** | 30tab
  - SRP $33.95 .......... **Sale $23.77**

**Birch Benders**
- Pancake & Waffle Mix, Gluten Free
  - 8oz
  - **$4.59**
  - Reg. $7.19

**Evo Hemp**
- Hemp Bar, Lemon
  - 8oz
  - **$2.39**
  - Reg. $3.59

**Men’s Living Green Liquid-Gel Multi** | 90g
- SRP $33.32 .......... **Sale $24.99**

**Longer, Stronger Hair & Nails** | 60g
- SRP $32.85 .......... **Sale $16.99**

**Irwin Naturals**

**Select Men’s & Women’s 25% Off!**

**Pranarôm**

**Carrot Oil**
- 202 & 29
  - **$14.29**
  - Reg. $16.79

**Entire Line 15% Off!**
*excludes diffusers

**Sun & Lipcare 15% Off!**

**Entire Line 20-35% Off!**

**Select New Chapter 30% Off!**

**Men’s Living Green Liquid-Gel Multi** | 90g
- SRP $33.32 .......... **Sale $24.99**

**Longer, Stronger Hair & Nails** | 60g
- SRP $32.85 .......... **Sale $16.99**

**Pranarôm**

**Carrot Oil**
- 202 & 29
  - **$14.29**
  - Reg. $16.79

**Entire Line 15% Off!**
*excludes diffusers

**Sun & Lipcare 15% Off!**

**Entire Line 20-35% Off!**

**Select New Chapter 30% Off!**
“And what is so rare as a day in June? Then, if ever, come perfect days.”
- John Keats

Select Boiron
25-30% Off!

Select Whey and Plant Protein Powder
25% Off!

Select Nordic Naturals
20% Off!

Select Desert Essence
20-30% Off!

Select Renew Life
25% Off!

Select NeoCell
25% Off!
**Cranberry Apple Chicken**

**INGREDIENTS:**
- 4-6 medium sized chicken thighs or 2-4 medium sized chicken breasts.
- 1 bottle of MRH Cranberry Apple Vinaigrette
- 1/2 can cranberries whole berry or 1/4 c. frozen cranberries.
- One sprig of Rosemary
- 1/4 c. Brown sugar

**DIRECTIONS:**
- Add all ingredients into a large ZIP bag and marinate overnight.
- Cook on indoor or outdoor grill approximately 4 min. Each side until internal temperature reaches 165°.
- Or bake in oven safe dish at 425° for 35-40 min.
- Pairs excellent with our MRH garlic roasted fingerling potatoes found in the service deli and some delicious greens from our salad bar. Enjoy!

**White BBQ Sauce**

**INGREDIENTS:**
- 1/4 cup mayonnaise
- 1/4 cup apple cider vinegar
- 2 Tablespoons brown sugar
- 1 Tablespoon Worcestershire
- 1 teaspoon lemon juice
- 1 teaspoon Cultured Mama horseradish
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

**DIRECTIONS:**
- Add all ingredients to a medium bowl.
- Whisk until fully combined.
- Amazing on grilled chicken, grilled corn on the cob and pulled pork sandwiches.
- Enjoy!

**Crispy Teriyaki Salmon Bowl**

**INGREDIENTS:**
- 1 King salmon fillet
- 1 tbsp salt, for seasoning
- 1 tbsp soy sauce
- 1 tsp togarashi or chili flakes
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1 tsp corn starch mixed with 1 tsp warm water.
- 1 cup of sushi rice
- 2 Tablespoons of rice vinegar, to mix with the cooked rice

**DIRECTIONS:**
- Make 2-3 quarter inch cuts down the skin of the fish to prevent salmon from buckling while cooking. Sprinkle a hefty pinch of salt to both sides of the fish.
- Get a pan on medium high heat with neutral oil. Once hot, lay fish skin side down and press down gently.
- Cook for 4-5 minutes, flip, and cook for an additional 2 minutes (we are looking for an internal temp of 140° Fahrenheit)
- Take salmon off heat and let sit on a wire rack.

**TO MAKE THE TERIYAKI SAUCE**
Add your soy sauce, toasted sesame oil, sugar, togarashi, and minced garlic/ginger to a sauce pot on medium low heat. Stir for 30 seconds then add in your corn starch to a small bit of water and stir into saucepan until thickened.

**FOR SERVING:**
- Sliced green onion.
- Togarashi/pepper flakes
- Furikake
- Seaweed sheets for eating

**For Serving:**
- Make a cup of short-grained rice in a rice cooker and pour over two tablespoons of rice vinegar to season your rice... I suggest starting your rice at the very beginning!!
- Plate your salmon over a bed of rice, spoon over your teriyaki sauce and top with green onions and furikake!
- Eat with a fork or chopsticks or place salmon and rice into a piece of nori/seaweed to make the perfect bite!!
Kayla
SUPPLEMENTS MANAGER
Nettle Quercetin
“This time of year anyone with seasonal allergies would benefit from this! I take it year round and it helps me tremendously with my allergies!”

Bob
MEAT DEPT. MANAGER
Thomas Cattle Company
“This small, family owned farm grows their own feed, creates a great product and are just overall amazing people!”

Erika
GIFT & FLORAL MANAGER
Snake River Seeds
“Best choice for organic seeds and grown from local farmers in our region.”

Young
FARM MANAGER
GRH Black Chilli Crunch
“Our black chilli crunch is my go-to for adding umami flavor and a hint of heat to absolutely everything!”

Michael
SOCIAL MEDIA
Deli’s Flank Steak
“It’s yummy! I pick this bad boy up all the time! A lean protein full of flavor!”

Mark
PURCHASING DIRECTOR
Pilgrims Sports Nutrition Department
“Athletes of all levels rely heavily on the quality of our products to perform at their best. I myself am an Iron Man athlete and have been using our products for over 15 years. Pilgrims even sponsors the CDA Marathon!”
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. Rewards are issued twice a year, 01/02 & 07/02
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3. Use the rewards just like cash to pay for your purchase

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

EMPLOYEE SPOTLIGHT
MICHAEL
Social Media

1. What do you love about living in CDA?
I’ve traveled a fair amount in my life and Coeur d’alene remains my favorite place on earth. You get all of the beauty of the pacific northwest with caring, family oriented people that respect one another and support small businesses. I love to golf, ski, hike, and play in the water and CDA couldn’t accommodate my hobbies better. That being said, my family lives in Coeur d’Alene, which is my absolute favorite thing about the city.

2. What is your position here at Pilgrims and why do you love it?
My position here at Pilgrim’s resides within the marketing department as I develop recipes and teach our customers how to make delicious, healthy meals at home using our Made Right Here & Grown Right Here items. Cultured Mama is our line of probiotic items we make in house and they are an absolute blast to incorporate into your meals as they are great for your gut microbiome and they add a ton of robust flavor!

3. What do you do for fun outside of work?
I love to spend time with my family and friends outside on the water, ski hills, or on the mountain for a hike. Currently golf and squash are my favorite sports, but of course, I love cooking!!

4. Tell us something interesting and something funny about yourself?
Something interesting about myself is that I sleepwalk!! It is definitely scary at times because I have walked out of houses and hotels and woke up outside or in the lobby haha!!

5. What’s one thing you wish everyone knew about Pilgrims Market?
One thing I would like everyone to know about Pilgrim’s is the welcoming, collaborative, and loving culture that surrounds our business and workforce. Owner and Team Captain, Joe Hamilton, is extremely diligent in ensuring his employees’ voices are heard, providing job variety and meaningful, impactful work.

Be Inspired.
Work at Pilgrim’s Market.

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• Major/supplemental medical insurance offered
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• Employee discounts
• 401K with 4% employer matching.

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