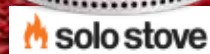




OCTOBER | NOVEMBER | DECEMBER 2023



Drawing Oct. 27th
Ask an associate for
entry info.



5.4OZ
\$21²⁹
SRP \$35.4

Prices effective
11/1/23-11/30/23



40% OFF!



**Assorted Spectrum
Oils
50% off!**

Prices effective
12/1/23 -12/31/23



50% OFF!

PILGRIM'S UPDATE

PILGRIM'S FUTURE...AND YOU!



Joe, Team Captain

Pilgrims Future...

For years, and probably decades, I have been asked by real estate developers and enthusiastic customers to open another Pilgrims somewhere. It just seems to be the American way after all. If something is good then MORE OF IT must be gooder right? I suddenly recall a playful statement made by my friend in college. "If it's worth doing, it's

worth doing in excess" he enthusiastically proclaimed. As an open-minded youngster, I allowed myself to be tempted to embrace his ethos, but thankfully it didn't take me long to see the hopelessness hidden behind the mantra.

In the song titled "Too Much", Dave Mathews captures the second stage of the ethos where a sense of desperate yearning for more and more is unavoidable. With chill-inducing lyrics, rhythm and melody that's energizing yet revolting, the song masterfully captures the existence of a quintessential tortured artist addicted to self-destructive behavior. Chasing money can also become a self-destructive behavior as people become tempted to choose profits over people, success over significance or quantity over quality.

BETTER WORKPLACE:

When finances allow, I will take a pass on opening new stores, and instead, prioritize decisions that create a more rewarding workplace for our team.

In the last 3 years compensation for entry-level staff has increased 61% and that's not including a host of improved benefits. In 2016 when I started to implement a business management approach popularized in the book "The Great Game of Business" I was hoping to capitalize on the book's promise of "Creating a Culture of Ownership." The book has delivered on its promise and not only has it resulted in an improved workplace where we "Share in the Success" with our team, it is also allowing us to invest in new spaces in which we can create more fresh and tasty *Made Right Here* (MRH) items for you to enjoy.

BETTER MARKET:

Prioritizing people over profits is growth strategy #1 for me and #2 is to prioritize quality over quantity. Operating

more stores often demands a reduction in quality since quality is quite simply -More Complicated! But quality is where my heart is, and I am betting that many health-seeking customers like yourself agree. Our *Made Right Here* (MRH) items are the epitome of quality, in my mind, and that's why I have three locations outside of Pilgrims Market that are being remodeled to support expanded MRH production and believe it or not... This is where you fit in!

And You!

With the expansion of MRH items comes a need for more recipes and **if you have a favorite recipe that you would love to see us make then I want to buy it from you!** If we decide that we can put your recipe into production, then not only will I pay you for it, I will also let you name it! So please reach out to me directly at joe@pilgrimsmarket.com to pitch an idea or you can leave word with a manager-on-duty and I can follow up with a phone call. This is the type of future that I want for Pilgrims and I hope you continue to be part of the journey not only as a customer but also as a contributor!

IN OTHER NEWS:

After years of requests from our early-bird customers:

WE ARE NOW OPEN AT 7AM!!!

**our closing time will move to 8pm for daylight savings time*

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)

LOCAL VENDOR SPOTLIGHT:

DONNA'S SALSA



Julie, Floor Manager

It's no wonder Donna's Salsa is a best seller in our Chill Department at Pilgrim's Market.

These chunky salsas are loaded with fresh vegetables, herbs, and spices that blend into a symphony of robust, southwestern flavors in mild, medium, and hot varieties. For a tropical twist, there's also the Mango Pineapple Salsa. It's a perfect mix of sweet and savory and a definite crowd-pleaser. Owner of Donna's Salsa, Donna Maddock was born and raised in Coeur d'Alene and for decades has been

making salsa for family gatherings and parties. Everyone loved Donna's salsa and told her repeatedly she should be selling it. At that time, Donna ran a successful housecleaning business and did not give it a second thought. Until a random moment at Yosemite National Park changed the course of Donna's life.

Donna is an avid biker and owns a 2003 Heritage Soft Tail Classic Harley Davidson motorcycle that she loves dearly. As Donna explained, "My father helped me pick out this motorcycle and that memory alone makes the bike very special to me." While on a ride with friends in Yosemite Park, Donna paused to get a last look at the breathtaking view when a large deer walked out in front of her on the bike. She remained still as the animal looked and then unexpectedly leaped directly at her. Donna remembers putting her arms up to protect her face as she and her Harley tumbled to the ground while the deer took off running. I asked Donna, "What was going through your mind in the midst of all of that?" She immediately replied, "All I could think of was, no! No, I was not going to leave my bike in California!" Despite the pain from the fall, Donna did ride her bike home after she stopped at the Yosemite Medical Clinic where X-rays confirmed there were no broken bones. Once in Idaho, she dropped off her motorcycle for repair and then took off to the Caribbean for three weeks to recover on a Catamaran boat she and her friends had rented. After her respite, Donna met with doctors who told her she would need several surgeries to repair various injuries from the accident. This determination meant that heavy lifting was out of the question while recovering and thus ended her housecleaning career. That was when Donna decided to start selling her salsa!

First, Donna went to work on creating her quality recipes. As she explained, "It was a lot of trial and error along with feedback from customers that helped me perfect my recipes and build my business." Before long, she gained a loyal clientele and even began to supply salsa to some of our local businesses. A few years later, Donna brought her salsas to Pilgrim's where they have been a huge hit with our customers. She recently added a new salsa called "Reaper Hot" - it's made with Carolina Reaper peppers which are ranked as one of the hottest peppers in the world. It's a great choice for salsa lovers who enjoy a serious picante kick. It is hands down, my new favorite Donna's Salsa. Look for Reaper Hot Salsa on aisle nine at Pilgrim's with the rest of her salsa.

What about Donna's favorite? "I like the medium salsa and I love to get creative with it for a quick meal. I add salsa to chili or mix it with shredded beef, then spread it on a tortilla with cheese, and grill it. It's easy and tastes delicious! The Mango Pineapple Salsa pairs beautifully with chicken and cheese on a burrito. Salsa should never go to waste!"

Whether it's a healthy snack, a quick appetizer, or an effortless, gourmet dinner, Donna's Salsa is a delightful addition to any meal. Thank you for shopping local!





Holiday Items

ONLY AT PILGRIM'S MARKET
MADE WITH ORGANIC INGREDIENTS



CULTURED MAMA
CASHEW CHEEZECAKE
SEASONAL CRANBERRY FLAVOR



PILGRIM'S BAKEHOUSE
FRESH-BAKED PIES



CULTURED MAMA
CRANBERRY CASHEW
DRINKING YOGURT



PILGRIM'S GIFTS
HOUSEMADE SOY CANDLES
NEW HOLIDAY SCENTS!



PILGRIM'S MEAT
SMOKED SALMON



PILGRIM'S BULK
VEGAN CHOCOLATE
CAKE MIX



PILGRIM'S DELI
THANKSGIVING SIDES
MASHED POTATOES | ROASTED ROOT VEG-
ETABLES | GREEN BEAN CASSEROLE



CULTURED MAMA
CRANBERRY CHUTNEY



ALL OF THESE PRODUCTS ARE "MADE RIGHT HERE"
AT PILGRIM'S MARKET. LOOK FOR THIS STICKER,
WHICH SIGNIFIES ITEMS MADE IN THE STORE.

OCTOBER

"I'M SO GLAD I LIVE IN A WORLD WHERE THERE ARE OCTOBERS."
-ANNE OF GREEN GABLES

PILGRIM'S
**Bakehouse
Spotlight** 
APPLE SPICE WHOOPSIE PIES



Available
WHILE SUPPLIES LAST!

PILGRIM'S
House Plant Sale
ALL INDOOR FOLIAGE
ON SALE!



30% off!

Two Day Sale
OCTOBER 17-18TH


Boar's Head
PREMIUM HUMMUS



**AVAILABLE IN MEAT
DEPARTMENT!**


MADE RIGHT HERE
Soy Wax Candles



**40Z
tins**

New
HOLIDAY SCENTS
AVAILABLE!

PILGRIM'S BULK DEPARTMENT
Bulko-Mania
ENTIRE DEPARTMENT ON SALE!*

*EXCLUDES COFFEE AND KOMBUCHA



**20%
Off!**

One Day Sale
OCTOBER 13


PILGRIM'S 
Deli Spotlight
VEGAN BUTTERNUT SQUASH SOUP



**20%
Off!**

On Sale
ALL MONTH!


**HILL'S®
BRATWURST**



*Local
Supplier!*

While Supplies Last

**WHITE CANE®
SALMON**



*Available in the
Meat Department*

While Supplies Last

PILGRIM'S
Produce Spotlight
ORGANIC FUJI APPLES



**\$1²⁹
/lb**

On Sale
ALL MONTH!

cultured

mama
LIVING FOODS


**VEGAN PROBIOTIC MUSTARD
and PREPARED HORSE RADISH**
MADE WITH ORGANIC INGREDIENTS



**15%
off!**
10/1-22

**PILGRIM'S MARKET
Exclusive**


Boody
BARBED LINGERIE FOR EVERY BODY

ENTIRE LINE ON SALE!



20% off!

2 Week Sale
OCTOBER 9-22

ooly



20% off!

**ALL OOLY ART SUPPLIES ON SALE
OCTOBER 16-22**

**Autumn
Harvest Sale**
WITH
RONNIGER'S ORGANIC FARMS



**15%
off!**

**Beets
Carrots
Cabbage
in bulk**

On Sale
OCTOBER 23-31

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 10/1/2023 – 10/31/2023, unless otherwise stated.

OCTOBER

"I'M SO GLAD I LIVE IN A WORLD WHERE THERE ARE OCTOBERS."
-ANNE OF GREEN GABLES

NATURE'S PATH

Organic Puffed Rice
60z

\$1⁹⁹

Reg. \$2.69



Prices effective 9/22/23- 10/19/23

POPPI

Prebiotic Root Beer
Plus Select Varieties
120z

\$2¹⁹

Reg. \$2.69



Prices effective 9/22/23- 10/19/23

PAROMI TEA

Organic Sleep With Me
Herbal Tea
15ct

\$8⁵⁹

Reg. \$11.49



Prices effective 9/22/23- 10/19/23

TENDER & TRUE

Turkey & Brown Rice
Dog Food
13.20z

\$2⁹⁹

Reg. \$4.19



Prices effective 9/22/23- 10/19/23

WhatIF Foods

TM

Meet The Amazing Bambara Groundnut

FUTURE FIT CROP

The Bambara Groundnut has Future Fit powers, such as being drought-resistant and able to grow on degraded soils without pesticides or fertilizers.

REGENERATIVE

BamNut Milk is significantly more regenerative than all other plant milks. The Bambara Groundnut can help reclaim degraded lands by bringing nitrogen back into the soil.

NUTRITIONALLY RICH

It is a nutritionally complete food and has all the essential amino acids.

EVERYDAY
BAMNUT MILK
33.8oz
\$2⁵⁹
Reg. \$5.59



BARISTA
BAMNUT MILK
33.8oz
\$2⁵⁹
Reg. \$5.59

Prices effective 9/22/23- 10/19/23

KALONA[®] SUPER NATURAL[™]

BEYOND ORGANIC. BEYOND DELICIOUS.

ORGANIC GRASS-FED
WHOLE MILK KEFIR,
PLAIN
32oz
\$4⁴⁹
Reg. \$5.89



ORGANIC GRASS-FED
WHOLE MILK KEFIR,
VANILLA
32oz
\$4⁴⁹
Reg. \$5.89

Prices effective 9/22/23- 10/19/23



RAW AGAVE SYRUP
11.75oz
\$3⁹⁹

Reg. \$5.29



BLUE AGAVE POWDER
8.8oz

\$4⁷⁹

Reg. \$6.39

Prices effective 9/22/23- 10/19/23

OCTOBER

"I'M SO GLAD I LIVE IN A WORLD WHERE THERE ARE OCTOBERS."
-ANNE OF GREEN GABLES



Ashwagandha | 90cap
\$20¹⁹
SRP \$26.95



Kava | 1oz
\$14⁹⁶
SRP \$19.95



Milk Thistle | 180cap
\$35⁹⁶
SRP \$47.95

ENTIRE LINE 25% Off!

HOP WTR

Sparkling Hop Water,
Blood Orange
plus select varieties

12oz
\$1⁶⁹

Reg. \$2.19



Prices effective 9/22/23- 10/19/23

MELORA

Manuka Honey

12oz
\$23⁶⁹

Reg. \$31.59



Prices effective 9/22/23- 10/19/23

WILDWONDER

Organic Prebiotic & Probiotic
sparkling Drink, Mango Gold
plus select varieties

12oz
\$2⁷⁹

Reg. \$3.39



Prices effective 9/22/23- 10/19/23

THEO

Dark Chocolate for Baking, 70%
4oz

\$3⁶⁹

Reg. \$5.59



Prices effective 9/22/23- 10/19/23

OCTOBER COFFEE SALE

SAVE \$1.50 on all retail bags and
bulk sizes of DOMA coffee.



Watch for in-store DOMA demos. Drink free coffee!

DOMA
COFFEE ROASTING COMPANY®

domacoffee.com

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 10/1/2023 – 10/31/2023, unless otherwise stated.

OCTOBER

"I'M SO GLAD I LIVE IN A WORLD WHERE THERE ARE OCTOBERS."
-ANNE OF GREEN GABLES

earth
mama
-ORGANICS-



Organic Diaper Balm | 2oz
SRP \$12.99.....**Sale \$9.79**
Belly Butter | 8oz
SRP \$21.99.....**Sale \$16.49**

ENTIRE LINE
25% Off!

HiBAR™

SOLID SHAMPOO & CONDITIONER MOISTURIZER



2.7oz
\$9.99

ENTIRE LINE
On Sale!

irwin
naturals.

CBD + POWER TO
SLEEP
60sg
\$24.99
SRP. \$33.32



MAGNESIUM +
ASHWAGANDHA
60sg
\$21.99
SRP. \$29.32



CBD 30MG
90sg
\$59.99
SRP. \$79.99

SELECT IRWIN NATURALS
25% Off!

natural
Factors



Theracurmin | 120cap
SRP \$54.95.....**Sale \$38.49**

Theracurmin Double Strength | 60cap
SRP \$54.95.....**Sale \$38.49**

SELECT NATURAL FACTORS
25-30% Off!

Ener-C

MULTIVITAMIN DRINK MIX

VITAMIN C,
MIXED BERRY
SUGAR FREE
30pkt
\$12.99



ENTIRE LINE
On Sale!

SINCE 1969
Nature's
Way



Alive! Kids Multi | 120ct
SRP \$19.99.....**Sale \$13.99**

Umcka ColdCare Kids | 4oz
SRP \$13.49.....**Sale \$11.49**

SELECT NATURE'S WAY
15-30% Off!

COPPER RESCUE

Natural Germ Defense

COPPER 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.

now

Vitamin D3 5000iu | 120sg
SRP \$12.99.....**Sale \$7.79**

Sambucus Zinc-C | 60ct
SRP \$11.99.....**Sale \$7.19**

SELECT NOW PRODUCTS
20-40% Off!



SELECT GARDEN OF LIFE
30-35% OFF!



NEW!

Herbals Heart Health | 30cap
SRP \$39.99.....**Sale \$25.99**

Herbals Eye Health | 30sg
SRP \$41.99.....**Sale \$27.29**

Herbals Brain Health | 30cap
SRP \$47.99.....**Sale \$31.19**

Herbals Menopause & Hair Growth | 30sg
SRP \$62.99.....**Sale \$40.94**

Herbals Stress Relief Gummies | 30ct
SRP \$31.99.....**Sale \$20.79**

Herbals Liposomal Berberine | 60ct
SRP \$39.99.....**Sale \$25.99**

OCTOBER

"I'M SO GLAD I LIVE IN A WORLD WHERE THERE ARE OCTOBERS."
-ANNE OF GREEN GABLES

DR. MERCOLA[®] PREMIUM PRODUCTS

Liposomal Vitamin C | 60cap
SRP \$22.49..... **Sale \$16.89**

Liposomal Vitamin C | 180cap
SRP \$49.99..... **Sale \$37.49**

Vitamin C Emulsion | 15.2oz
SRP \$24.99..... **Sale \$18.69**

SELECT DR. MERCOLA
25% Off



NORDIC[®] NATURALS



ULTIMATE OMEGA
180sg
\$55⁹⁶
SRP. \$69.95

ARCTIC COD LIVER OIL
90ct
\$19¹⁶
SRP. \$23.95

VITAMIN C GUMMIES
120ct
\$18³⁶
SRP. \$22.95



ENTIRE LINE 20% Off!

BOIRON[®]

ColdCalm | 60tab
SRP \$13.29..... **Sale \$9.29**

Oscilloccinum | 6 dose
SRP \$16.59..... **Sale \$11.59**

Chestal Honey | 6.7oz
SRP \$12.99..... **Sale \$9.09**

SELECT BOIRON
30% Off



HOST DEFENSE[®] Mushrooms[™]

ENTIRE LINE
25% Off!



Lion's Mane | 3.5oz
\$22⁴⁹
SRP \$29.95

Mycobotanicals Brain |
60cap
\$22⁴⁹
SRP \$29.95

Mycommunity | 120cap
\$52⁴⁹
SRP \$69.95

Turkey Tail | 60cap
\$23⁹⁹
SRP \$31.95

Stamets 7 | 60cap
\$28⁴⁹
SRP \$37.95

MycosShield Spray,
Citrus | 0.5oz
\$7⁴⁹
SRP \$9.95



LIFE EXTENSION®

WHAT MATTERS TO YOU MATTERS TO US.

When you choose Life Extension, you're getting the highest quality products, backed by science and formulated using only the finest ingredients. But we're more than a supplement maker — we're your partner on a journey to better health. And that means providing meaningful guidance every step of the way.

We understand that investing in your health is important to you, and so our advice, insight and guidance are always available at no extra cost.

When you put something in your body, you should have complete confidence you're getting the nutritional benefits your body deserves. At Life Extension, The Science of a Healthier Life® means we deliver exceptional products and real results. That's our commitment to you.



ENTIRE LINE 25-30% Off!



Super K
90sg
\$20⁹⁹
SRP \$29.99

Neuro-Mag Magnesium
L-Threonate | 150cap
\$30⁷⁵
SRP \$40.99

Vitamin D3 5000IU
60sg
\$6⁹⁹
SRP \$9.99

DHEA 25mg
100cap
\$11¹⁹
SRP \$15.99

N-Acetyl-L-Cysteine
(NAC) 600mg | 60cap
\$11¹⁹
SRP \$15.99

Ultra Prostate Formula
60sg
\$27²⁹
SRP \$38.99



Demo Highlights

COME SAMPLE PILGRIM'S!

October

SATURDAY, OCTOBER 7, 10:00AM-1:00 PM

Our bakery has whipped up Pumpkin Cheesecake and Pumpkin Cinnamon Rolls for samples today! If you are craving pumpkin, then stop by and satisfy your taste buds with these irresistible treats Made Right Here!

SATURDAY, OCTOBER 14, 1:30PM-4:00PM

Today we are sampling Donna's salsa, our local vendor spotlight! From mild to extra hot, there's a Donna's salsa for everyone! Stop by and support our local vendors.

November

SATURDAY, NOVEMBER 4, 1:30PM-4:30PM

Snacktivist will be here today to demo their very own products! They are foodies, parents, and nutrition experts with a passion for making foods that are delicious, allergy-friendly, and plant-based. They use climate-smart grains and legumes that support regenerative agriculture for happy people, happy bellies, and a happy planet! Come by and say hi!

FRIDAY, NOVEMBER 10, 10:00AM-1:00PM

Cultured Mama's Cranberry Cheesecake is back! A holiday favorite, this scrumptious cake has a silky-smooth, dairy-free, cultured vanilla cream cheese filling, with a gluten-free crust, and is topped with our festive cranberry chutney. The chutney is honey-sweetened, made with organic ingredients, and rich in antioxidants. Come on in and sample today. You have to try it to believe it!

December

SATURDAY, DECEMBER 9, 10:00AM-1:00PM

Make sure you don't miss today's sample of our Pilgrim's Bakehouse Danish Butter Cookies, a delightful cookie that is Made Right Here! This delicious, light, and crunchy butter cookie will leave your mouth watering for more! A perfect gift idea for all ages.

WEDNESDAY, DECEMBER 13, 10:00AM-1:00PM

Our bulk department has an assortment of candied nuts that we will be sampling today. Come try some delicious sweet nut varieties to compliment any holiday festivity!

**items sampled are subject to product availability*



LORRI | DEMO COORDINATOR

PILGRIM'S EVENTS...

Making a Comeback!

Over the years,

Pilgrim's has hosted hundreds upon hundreds of events. Our largest-event ever drew a crowd of 160 people! It's hard to believe that we actually had room inside our current store to host that many people, but we did. When we first expanded into the old Liquidation World space, we had tons of un-used space, so we had a huge Education Center, and we recruited some of the biggest names in the Health & Wellness industry to visit our store and speak to our customers. For a brief period of time, we were recording the events and uploading them to Youtube and one of them has over 1.2 million views!

Although our official event center has always been inside the store, a number of years ago, we started hosting fun outdoor events in the yard of a home behind the store. Today, that house is our staff breakroom and the yard is used activities related to our certified organic farm, but we are ready to reverse the trend of removing educational spaces.

Starting in January 2024 we will have a nice, yet small, Education Center across the street at 1411 N 4th. A portion of the old Make Wine Make Beer building will be our new home. And hopefully in the summer of 2024 we will have a new outdoor Event Space amidst our farm behind the store. We are very excited about both venues!

In the meantime, we will be soliciting and reviewing requests by various presenters. If you or someone you know would like to offer an educational event for our community, please email events@pilgrimsmarket.com or call the store and ask for Julie.





One Day Sales

OUR BEST SALES OF THE QUARTER
HERE FOR ONE DAY ONLY!

October 14

BULK

20% OFF
ENTIRE DEPARTMENT!
EXCLUDES COFFEE &
KOMBUCHA



November 21

GOURMET

20% OFF
CHARCUTERIE BOARD
FIXINGS—SEE SELECT ITEMS
ON END OF AISLE 9



December 5

BEER & WINE

15% OFF
ENTIRE DEPARTMENT!



NOVEMBER

"THE THINNEST YELLOW LIGHT OF NOVEMBER IS MORE WARMING AND EXHILARATING THAN ANY WINE THEY TELL OF." — HENRY DAVID THOREAU

PILGRIM'S Deli Spotlight:

Thanksgiving Side Dishes



11/18-11/23

MASHED POTATOES | ROASTED ROOT VEGETABLES
GREEN BEAN CASSEROLE | VEGAN YAM MASHED
POTATOES WITH MARSHMALLOWS

MRH CRANBERRY
SAUCE

LIMITED TIME
ONLY!



AVAILABLE
NOV. 9-23



WHITE CANE®
SALMON

Great for the
Grill!

ALL MONTH!



STASHER®
FOOD STORAGE

20% Off!

ALL MONTH!



KLEEN KANTEEN®
PRODUCTS

20% Off!

On Sale:
NOV. 27-DEC. 23



PILGRIM'S
House Plant Sale
ALL INDOOR FOLIAGE
ON SALE!



30% off!

Two Day Sale
OCTOBER 14-15TH



VEGAN | PROBIOTIC
CREAM CHEESE ON SALE!
MADE WITH ORGANIC INGREDIENTS
DAIRY-FREE | GUT FRIENDLY | CREAMY



15%
off!

11/05-11/25

PILGRIM'S MARKET
Exclusive

BOAR'S HEAD®
SAUSAGE

MEAT
DEPARTMENT
SPOTLIGHT

WHILE SUPPLIES
LAST



HOUSE TURKEY
GRAVIES &
STOCKS

GLUTEN FREE/
DAIRY FREE AND
REGULAR

AVAILABLE
NOV. 16-23



HERB & SPICE
SALE

20% Off!

ALL BULK
VARIETIES

1 Day Sale:
NOV. 10



MUSHROOM
SALE!

15% Off!

ALL VARIETIES

1 Week Sale:
NOV. 6-12



THANKSGIVING
ORGANIC
PRODUCE
SPECIALS

11/20-11/23



RED & YELLOW POTATOES | 5LB BAG
YAMS & SWEET POTATOES
BUTTERNUT SQUASH
CELERY
GREEN BEANS

15%
Off!

Housemade
PIE & ICE CREAM



BUY 2 PIES & GET A FREE PINT
OF PILGRIM'S VANILLA ICE CREAM!
(REGULAR OR VEGAN)



11/11-11/17

ALL FULL SIZED PIES
REGULAR, VEGAN, AND GF OPTIONS

SMART
CHICKEN®

ORGANIC, FREE
RANGE CHICKEN
PRODUCTS

WHILE SUPPLIES
LAST



HOT BUTTERED
RUM & EGG NOG

BACK FOR THE
SEASON!



MADE RIGHT
HERE



JOURNALS & NOTEBOOKS



20%
Off!

On Sale
NOVEMBER 6-12



IT'S
BACK!



CULTURED MAMA
CRANBERRY CHUTNEY!

NOVEMBER

"THE THINNEST YELLOW LIGHT OF NOVEMBER IS MORE WARMING AND EXHILARATING THAN ANY WINE THEY TELL OF." — HENRY DAVID THOREAU



VEGGIECRAFT FARMS

ZUCCHINI SPAGHETTI PASTA
11.10Z
\$2⁹⁹
Reg. \$4.49

CAULIFLOWER PENNE PASTA
11.10Z
\$2⁹⁹
Reg. \$4.49

CAULIFLOWER SPAGHETTI PASTA
11.10Z
\$2⁹⁹
Reg. \$4.49


Prices effective 10/20/23- 11/23/23

NUTS FOR CHEESE
Organic Black Garlic
Fermented Cashew Cheese,
Dairy Free
4.20Z
\$6²⁹
Reg. \$7.99



Prices effective 10/20/23- 11/23/23

COLUMBIA FRUIT
Three Berry Blend
2.5lb
\$11⁶⁹
Reg. \$12.49



Prices effective 10/20/23- 11/23/23

MEYENBERG
Goat Milk Butter
8oz
\$6²⁹
Reg. \$7.79



Prices effective 10/20/23- 11/23/23

Organicville

MARINARA PASTA SAUCE | 24OZ
\$4¹⁹
Reg. \$6.49

TOMATO BASIL PASTA SAUCE | 24OZ
\$4¹⁹
Reg. \$6.49


ITALIAN HERB PASTA SAUCE | 24OZ
\$4¹⁹
Reg. \$6.49



Always Organic. Always Accessible.

Once Again

SESAME TAHINI
16oz
\$7⁸⁹
Reg. \$11.29




Prices effective 10/20/23- 11/23/23

SEAL THE SEASONS
Organic Oregon
Blueberries
32OZ
\$10⁴⁹
Reg. \$14.89



Prices effective 10/20/23- 11/23/23

LOVO
Almondmilk Chocolate Bar
2.8OZ
\$3⁵⁹
Reg. \$4.79

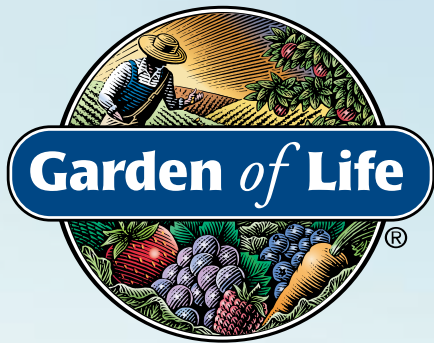


Prices effective 10/20/23- 11/23/23

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 11/1/2023 – 11/30/2023, unless otherwise stated.

NOVEMBER

"THE THINNEST YELLOW LIGHT OF NOVEMBER IS MORE WARMING AND EXHILARATING THAN ANY WINE THEY TELL OF." — HENRY DAVID THOREAU



SELECT GARDEN OF LIFE

30-35% OFF!



Vitamin Code Raw B-12 | 30cap
SRP \$18.99.....**Sale \$12.34**

Vitamin Code Raw Zinc | 60tab
SRP \$15.99.....**Sale \$10.39**

Vitamin Code Raw Vitamin C 500mg | 60tab
SRP \$21.99.....**Sale \$14.29**

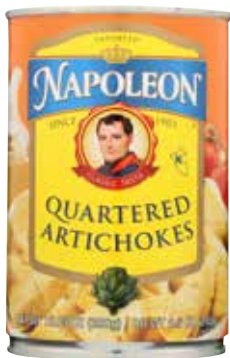
Vitamin Code Raw B-Complex | 60tab
SRP \$23.99.....**Sale \$15.59**

Vitamin Code Men's 50 & Wiser Multi | 120tab
SRP \$48.99.....**Sale \$31.84**

Vitamin Code Raw One for Women | 75tab
SRP \$42.99.....**Sale \$27.94**

NAPOLEON
Quartered Artichokes
13.75oz

\$3⁹⁹
Reg. \$4.79



Prices effective 10/20/23- 11/23/23

**natural
Factors**



QUERCETIN 500MG | 120ct
SRP \$27.95.....**Sale \$19.59**

VITAMIN D3 2000IU | 60ct
SRP \$10.95.....**Sale \$7.69**

**SELECT NATURAL FACTORS
25-30% Off!!**

ECOS
Plant Powered Clean

**DISHMATE,
BAMBOO LEMON**
25oz
\$3⁷⁹
Reg. \$5.19



**DISHMATE,
GRAPEFRUIT**
25oz
\$3⁷⁹
Reg. \$5.19

**HAND SOAP
ORANGE BLOSSOM**
17oz
\$3⁷⁹
Reg. \$5.19

Prices effective 10/20/23- 11/23/23

**North American
Herb & Spice**

**25%
Off**



**SUPER STRENGTH OIL
OF WILD OREGANO
OREGANOL**
60cap
\$32¹⁹
SRP. \$42.99

**SUPER STRENGTH OIL
OF WILD OREGANO
OREGANOL**
0.45oz
\$32¹⁹
SRP. \$42.99

**SUPER STRENGTH OIL
OF WILD OREGANO
OREGANOL**
1oz
\$41¹⁹
SRP. \$54.99

NOVEMBER

"THE THINNEST YELLOW LIGHT OF NOVEMBER IS MORE WARMING AND EXHILARATING THAN ANY WINE THEY TELL OF." — HENRY DAVID THOREAU



ENTIRE LINE **20% Off!**

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*

FEMMESENCE
MACAHARMONY
120cap
\$29⁵⁹
SRP. \$36.99



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*
- balanced mood*
- energy and sleep*

FEMMESENCE
MACALIFE
120cap
\$29⁵⁹
SRP. \$36.99



In double-blind, placebo controlled clinical trials 84% of women taking MacaPause® experienced a highly statistically significant support for:

- normal hormone balance*
- dryness and lack of desire*
- heart and bone health*
- hot flashes and night sweats*
- mood and mental health*
- energy and sleep*
- hair, skin and nails*
- heart health*

FEMMESENCE
MACAPAUSE
120cap
\$29⁵⁹
SRP. \$36.99



Colloidal Silver Dropper | 2oz
SRP \$15.99..... **Sale \$12.79**
Colloidal Silver First Aid Gel | 1oz
SRP \$15.99..... **Sale \$12.79**



ENTIRE LINE **20% Off!!**



Probiotic Immune Health | 30ct
SRP \$49.95..... **Sale \$39.96**
Probiotic Gummies for Kids | 60ct
SRP \$19.95..... **Sale \$15.96**



SELECT NORDIC NATURALS
20% Off!!



Power to Sleep PM | 60sg
SRP \$23.99..... **Sale \$17.99**
CBD+Joint Health | 78sg
SRP \$50.65..... **Sale \$37.99**
CBD+Melatonin | 60sg
SRP \$26.65..... **Sale \$19.99**

SELECT IRWIN NATURALS
25% Off!



VITAMIN D3 + K2
60cap
\$12²⁹
SRP. \$20.39



SELECT SOLARAY
25-40% Off!!



NAC 600mg | 100cap
SRP \$21.99..... **Sale \$15.39**
Double Strength L-Lysine 1000mg | 250tab
SRP \$29.99..... **Sale \$17.99**

SELECT NOW PRODUCTS
20-40% Off!



Digest Gold | 45cap
SRP \$32.99..... **Sale \$24.74**
GlutenEase | 60cap
SRP \$34.99..... **Sale \$26.24**

ENTIRE LINE
25% Off!



OSCILLOCOCCINUM
6 dose
\$11⁵⁹
SRP. \$16.59



30% Off

DECEMBER

"TO APPRECIATE THE BEAUTY OF A SNOWFLAKE IT IS NECESSARY TO STAND OUT IN THE COLD." – ARISTOTLE

PILGRIM'S Bulk Spotlight

MILK AND DARK ALMOND BARK

15%
Off!



8oz. On Sale
ALL MONTH!

PILGRIM'S Produce Spotlight

STARKRIMSON PEARS

\$1⁴⁹
/lb!



Organic & On Sale
DECEMBER 18-24

PILGRIM'S Bakehouse Spotlight

EGGNOG CHEESECAKE



Available
ALL MONTH!
WHOLE OR BY THE SLICE

Housemade MRH PIE & ICE CREAM

BUY 2 PIES & GET A FREE PINT
OF PILGRIM'S VANILLA ICE CREAM!
(VEGAN OR REG)



12/17-12/24

ALL FULL SIZED PIES
REGULAR, VEGAN, AND GF OPTIONS

Boar's Head CHARCUTERIE TRAYS



Perfect for
HOLIDAY PARTIES

FUJI AND GALA APPLES

\$1⁹⁹/lb

12/26-12/31

USDA ORGANIC



SMOKED SALMON SPREAD

Made Right
Here

All Month!



PILGRIM'S Indoor Plant Sale

ALL VARIETIES

30%
Off!



2 Day Sale
DECEMBER 12-13

Hydro Flask®

BOTTLES, TOTES AND FOOD JARS



20% off!

Check out this
GREAT GIFT IDEA!
ON SALE 12/4-12/10

MOD SOCKS® PRODUCTS

25% off!

12/11-12/17

Great Gifts!



PILGRIM'S MRH

HOLIDAY MEAL SIDES & SINGLE SERVE MEALS

Pot Roast Portions | Beef Au Jus 32oz
Scallop Potato side | Green Bean Casserole |
Pot Roast meal for 1



Available
DECEMBER 20-24

BARTLET PEARS

\$1⁴⁹/lb

12/4-12/10

USDA ORGANIC



HONEYCRISP APPLES

\$1⁹⁹/lb

12/11-12/17

USDA ORGANIC



cultured



mama
LIVING FOODS

try our...

LACTO-FERMENTED KRAUTS
MADE WITH ORGANIC INGREDIENTS
VEGAN | DAIRY FREE



15%
off!

12/1-12/31

PILGRIM'S MARKET
Exclusive

DECEMBER

"TO APPRECIATE THE BEAUTY OF A SNOWFLAKE IT IS NECESSARY TO STAND OUT IN THE COLD." — ARISTOTLE

PASCHA

Organic Bitter Sweet Dark Chocolate Chips
8.8oz
\$6⁴⁹
Reg. \$8.99



Prices effective 11/24/23- 12/21/23

ENDORFIN FOODS

Dark Chocolate Caramelized Coconut Mylk Bar
1.4oz
\$3⁵⁹
Reg. \$5.19



Prices effective 11/24/23- 12/21/23

EAT PASTRY

Vegan Chocolate Chip Cookie, Gluten Free
14oz
\$5⁹⁹
Reg. \$7.19



Prices effective 11/24/23- 12/21/23

FILIPO BERIO

Organic Balsamic Glaze
8.4oz
\$5³⁹
Reg. \$8.99



Prices effective 11/24/23- 12/21/23

CELESTIAL SEASONINGS

Peppermint Tea
20 bags
\$2²⁹
Reg. \$4.69



Prices effective 11/24/23- 12/21/23

SPECTRUM NATURALS

Organic Extra Virgin Mediterranean Olive Oil
32oz
\$10⁹⁹
Reg. \$22.99



Prices effective 11/24/23- 12/21/23

SKY VALLEY



GREEN SRIRACHA SAUCE
17.25oz
\$4¹⁹
Reg. \$7.69

Prices effective 11/24/23- 12/21/23

Namaste
foods for everyone!

allergen & gluten free

Lemon Scone Mix



serving suggestion | toppings not included
Net Wt 8 oz (453g)

Namaste
foods for everyone!

allergen & gluten free

Waffle & Pancake Mix
Apple Cinnamon Flavor



serving suggestion | toppings not included
Net Wt 9oz (255g)



**30%
DISCOUNT**

Namaste
foods for everyone!®

all products for December!

IMAGINE

Organic Free Range
Chicken Broth
32oz
\$2⁵⁹
Reg. \$5.19



Roasted
Turkey Gravy
13.5oz
\$2⁵⁹
Reg. \$3.79



Prices effective 11/24/23- 12/21/23

BOBS RED MILL

Tapioca Starch
16oz
\$2⁹⁹
Reg. \$4.19



Prices effective 11/24/23- 12/21/23

HEART WATER

Still Rainwater
16oz
\$1³⁹
Reg. \$2.69



Prices effective 11/24/23- 12/21/23

DIVINE

Dark Chocolate
with Pink
Himalayan Salt
Plus Select Varieties
3oz
\$2⁹⁹
Reg. \$4.39



Prices effective 11/24/23- 12/21/23

DIVINA

Peruvian
Pepper Jam
8.5oz
\$3⁶⁹
Reg. \$5.79



Prices effective 11/24/23- 12/21/23

FELIX

Wild
Lingonberry
10oz
\$4⁹⁹
Reg. \$7.49



Prices effective 11/24/23- 12/21/23

BIONATURAE

Organic Traditional Egg
Pasta
8.8oz
\$3⁶⁹
Reg. \$5.19



Prices effective 11/24/23- 12/21/23

DR BRONNER'S

Magic All One Chocolate Bar,
Crunchy Hazelnut Butter
Plus Select Varieties
2.93oz
\$3⁶⁹
Reg. \$5.39



Prices effective 11/24/23- 12/21/23

BIONATURAE

Organic
Tomato Paste
7oz
\$2⁵⁹
Reg. \$3.69



Prices effective 11/24/23- 12/21/23

ALEIAS

Italian Bread Crumbs,
Gluten Free
13oz
\$5⁹⁹
Reg. \$8.39



Prices effective 11/24/23- 12/21/23

HOLY FUDGE

Truffle Filled Dark
Chocolate
Plus Select Varieties
2.5oz
\$3⁶⁹
Reg. \$5.19



Prices effective 11/24/23- 12/21/23

CROWN PRINCE

Smoked Oysters in Olive
Oil
3oz
\$2⁹⁹
Reg. \$4.19



Prices effective 11/24/23- 12/21/23

MILTON'S

Gluten Free Baked
Crackers, Sea Salt
Plus Select Varieties
4.5oz
\$3²⁹
Reg. \$4.49



Prices effective 11/24/23- 12/21/23

ANCIENT NUTRITION

MULTI COLLAGEN
PROTEIN
8.6oz
\$23⁹⁹
SRP. \$32.95



SELECT ANCIENT NUTRITION
30% Off!

Humble

PALO SANTO &
FRANKINCENSE
DEODORANT
2.5oz
\$8¹⁹
SRP. \$10.99



ENTIRE LINE
25% Off!

CV SCIENCES

CBD CALM 10MG GUMMIES,
STRAWBERRY LEMONADE
60ct
\$41¹⁹
SRP. \$54.99



ENTIRE LINE
25% Off!

Himalaya

PARTYSMART
1cap
\$1⁹⁹
SRP. \$2.59



SELECT HIMALAYA
20-30% Off!

ENZYMEDICA



Digest Gold | 45cap
SRP \$32.99.....**Sale \$24.69**
Digest Gold | 90cap
SRP \$53.49.....**Sale \$40.09**

ALL DIGEST GOLD
25% Off!

NORDIC NATURALS

OMEGA-3
60sg
\$14³⁹
SRP. \$17.95



SELECT NORDIC NATURALS
20% Off!

HERB PHARM

KIDS EAR OIL
1oz
\$10⁴⁹
SRP. \$14.98



ENTIRE LINE
30% Off!

natural Factors



Tranquil Sleep | 60ct
SRP \$31.95.....**Sale \$23.99**

Melatonin Chewable 3mg | 60ct
SRP \$13.95.....**Sale \$9.79**

**SELECT NATURAL FACTORS
20-35% Off!**

urban spa

THE PERFECT BODY
BRUSH
1pk
\$7⁵⁹



**ENTIRE LINE
On Sale!**

BOIRON

Acidil | 60tab
SRP \$13.29.....**Sale \$9.29**

Diaralia | 60tab
SRP \$13.29.....**Sale \$9.29**

Gasalia | 60tab
SRP \$13.29.....**Sale \$9.29**

**SELECT BOIRON PRODUCTS
25-30% Off!**



irwin naturals.

CBD 30mg Gummies Raspberry Ripple | 30ct
SRP \$46.65.....**Sale \$34.99**

Immuno-Shield with Elderberry | 60sg
SRP \$21.32.....**Sale \$15.99**

Sunny Mood + 5HTP | 80sg
SRP \$37.32.....**Sale \$27.99**

**ENTIRE LINE
25% Off!**



SINCE Nature's Way 1969



Organic Sambucus Syrup | 4oz
SRP \$21.49.....**Sale \$17.19**

Sambucus Elderberry Zinc Lozenges,
Peppermint | 24ct
SRP \$6.49.....**Sale \$4.89**

**SELECT NATURE'S WAY
20-30% Off!**

PRANARÔM



Clovebud Essential Oil | 0.17oz
SRP \$7.79.....**Sale \$6.59**

Peppermint Essential Oil | 0.17oz
SRP \$10.39.....**Sale \$8.79**

**ENTIRE LINE
15% Off!**
*excludes diffusers

now

Super Enzymes | 90cap
SRP \$23.99.....**Sale \$16.79**

Lavender Oil | 1oz
SRP \$13.99.....**Sale \$10.49**

**ENTIRE LINE
20-30% Off!**



**ALL ESSENTIAL OILS
25% Off!**
excludes diffusers



DR. FORMULATED PROBIOTICS 30% OFF!



Dr Formulated Pre + Post Probiotics 30bill 30cap
SRP \$29.99.....**Sale \$20.99**

Dr Formulated Once Daily Ultra 30cap
SRP \$56.99.....**Sale \$39.89**

Dr Formulated Once Daily Women's 50bill 30cap
SRP \$45.99.....**Sale \$32.19**

Dr Formulated Organic Kids Probiotic, Berry Cherry 30ct
SRP \$27.99.....**Sale \$19.59**

Dr Formulated Probiotics Immune 50bill 30cap
SRP \$41.99.....**Sale \$29.39**

Dr Formulated Probiotic Gummies, Orange Dream 60ct
SRP \$25.99.....**Sale \$18.19**

BROWN SUGAR GARLIC CHICKEN



INGREDIENTS:

- 4 TEASPOONS BROWN SUGAR
- 12 OUNCES OF BONELESS, SKINLESS CHICKEN BREASTS
- 1 CLOVE OF GARLIC
- 2 TABLESPOONS OF BUTTER
- PINCH OF BLACK PEPPER

DIRECTIONS:

FOUR SERVINGS, 3 OZ PER PERSON

- 1. MELT THE BUTTER IN A FRYING PAN.
- 2. FRY THE GARLIC IN THE BUTTER
- 3. ADD THE CHICKEN BREASTS TO THE GARLIC AND BUTTER AND COOK THEM THOROUGHLY, ADDING PEPPER TO TASTE.
- 4. WHEN THE CHICKEN IS FULLY COOKED, ADD BROWN SUGAR TO EACH BREAST.
- 5. LET THE BROWN SUGAR MELT IN THE CHICKEN (ABOUT 5 MINUTES).

FILIPINO LUMPIA



INGREDIENTS:

- 1 LB. GROUND PORK
- ½ ONION CHOPPED FINE
- ½ C. CARROTS CHOPPED FINE
- 2 TSP. MINCED GARLIC
- ½ C. GREEN ONIONS CHOPPED FINE
- 1 TBSP. SOY SAUCE
- 1 C. SHREDDED CABBAGE
- 1 TSP. GARLIC POWDER
- SALT AND PEPPER TO TASTE
- 30 EGG ROLL OR SPRING ROLL WRAPPERS
- OIL FOR FRYING

DIRECTIONS:

- STEP 1. PLACE THE GROUND PORK, ONIONS, AND CARROTS IN A SKILLET OVER MEDIUM-HIGH HEAT AND SAUTE UNTIL THE MEAT IS COMPLETELY BROWNED AND THE VEGETABLES HAVE SOFTENED
- STEP 2. REDUCE THE HEAT TO MEDIUM, AND STIR IN THE MINCED GARLIC, GARLIC POWDER, SOY SAUCE, GREEN ONIONS, CABBAGE, AND SALT AND PEPPER TO TASTE. SAUTE FOR SEVERAL MORE MINUTES.
- STEP 3. LET THE FILLING COOL SLIGHTLY.
- STEP 4. LAY A WRAPPER OUT ON A FLAT SURFACE AND PLACE A SMALL SPOONFUL OF THE FILLING IN A STRAIGHT LINE NEAR ONE END OF THE WRAPPER. FOLD THE OUTSIDE EDGES OF THE WRAPPER IN, AND ROLL IT CLOSED TIGHTLY AROUND THE FILLING. SECURE THE WRAPPER CLOSED WITH A LITTLE BIT OF WATER.
- STEP 5. HEAT SEVERAL INCHES OF OIL IN A DEEP-SIDED SKILLET OVER MEDIUM-HIGH HEAT UNTIL THE OIL IS 350 DEGREES.
- STEP 6. ADD 5 LUMPIA ROLLS TO THE OIL AT A TIME, AND COOK UNTIL GOLDEN BROWN. REMOVE AND DRAIN ON A PAPER TOWEL-LINED PLATE.

KOREAN BBQ SKEWERS



INGREDIENTS:

- 1 BOTTLE MRH ASIAN MARINADE
- 1 SMALL UNRIPE PEAR
- 2 TABLESPOONS MINCED GARLIC
- 1 INCH PIECE OF GINGER
- 1/2 SMALL YELLOW ONION
- 3 TABLESPOONS SOY SAUCE
- 3 TABLESPOONS LIGHT BROWN SUGAR
- 1 TABLESPOON SESAME OIL
- 1 1/2 LBS. 100% GRASS FED RIBEYE STEAK CUT INTO 1-1 1/2 INCH CUBES
- 2 BELL PEPPERS, CUT INTO 1 1/2 INCH CUBES
- 1 MEDIUM ONION, CUT INTO 1 1/2 INCH CUBES

DIRECTIONS:

- 1. IN A FOOD PROCESSOR, COMBINE THE INGREDIENTS FOR THE MARINADE AND PULSE UNTIL A THICK PASTE FORMS. SET ASIDE.
- 2. IN A LARGE BOWL COMBINE THE SOY SAUCE, LIGHT BROWN SUGAR, AND SESAME OIL AND WHISK UNTIL THE SUGAR DISSOLVES.
- 3. ADD THE MARINADE AND STIR TO COMBINE.
- 4. REFRIGERATE FOR AT LEAST 30 MINUTES AND UP TO 1 1/2 HOURS.
- 5. SKEWER THE BELL PEPPERS, ONIONS, AND CUBED RIBEYE ONTO THE PREPARED SKEWERS IN WHICHEVER ORDER YOU PREFER.
- 6. HEAT AN INDOOR/OUTDOOR GRILL FOR SEVERAL MINUTES AND GRILL TO DESIRED DONENESS, OR FOR ABOUT 8-10 MINUTES FOR MEDIUM-WELL.

PILGRIM'S MARKET

— HOLIDAY STAFF FAVORITES —



Kayla SUPPLEMENTS MANAGER **Vitanica Gaba Ease**

"THIS PRODUCT WORKS
WONDERS FOR CALMING HOLIDAY
STRESSORS AND END OF YEAR
DEADLINES!"



Emily BAKERY MANAGER **Bakery Pies & Ice Cream**

"THESE TASTE LIKE GRANDMA'S
HOMEMADE PIES WITH THE
CONVENIENCE OF BUYING THEM AT
THE STORE! TAKES ONE THING OFF
MY PLATE FOR THE HOLIDAYS!"



Erika GIFT & FLORAL MANAGER **Pilgrim's CDA National Forest Candle**

"EVERYONE LOVES THE STRONG
FIR SENT THIS CANDLE HAS AND
THE HOLIDAY FEEL IT BRINGS
INTO THEIR HOME!"



Mandy PURCHASING LEAD **Eggnog**

"I LOVE ALL THINGS EGGNOG!
OUR EGGNOG FROM SCRATCH IS
AMAZING BUT WE ALSO HAVE
SEVERAL HOLIDAY ITEMS, EVEN
DAIRY FREE EGGNOG."



Sydney MARKETING **Homemade Potpourri**

"THROWING BULK SPICES ON
SIMMER KICKS OFF OUR HOLIDAY
SEASON IN MY HOUSE! KEEP A
LARGE POT OF WATER ON AND
SIMMER CINNAMON STICKS
AND CLOVE FROM THE BULK
DEPARTMENT WITH ORANGE
PEELS! EASY!"



Morgan PRODUCE MANAGER **Satsuma Gift Boxes**

"THESE ARE ALWAYS A
WELCOMED GIFT AT HOLIDAY
PARTIES! EVERYONE LOVES
THESE!"



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

- 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.
- **Exclusive Pilgrim's Coupons Mailed Every Quarter**
- **Rebates are loaded on your account at the register**

We're opening an hour earlier!
Mon-Sun
Open at 7am



EMPLOYEE SPOTLIGHT
LORRI
Demo Coordinator

1. WHERE ARE YOU FROM AND IF NOT CDA, WHAT BROUGHT YOU TO THE AREA?

I was born in Reno, NV, but my parents moved to Cd'A when I was 2 months old, so I consider myself a native..

2. WHAT IS YOUR POSITION HERE?

I am the Demo Coordinator. This was a new position when I was hired, so this was very fun to start from the ground up, and we are always creating new ideas for our customers.

3. WHAT ARE THREE THINGS YOU LOVE TO DO OUTSIDE OF WORK?

I love to ride my e-bike everywhere! My husband and I ride for miles. I love to garden, and spend many summer hours outside (always barefoot). I am also an avid reader, and have joined a book of the month club, so I get new books every month.

4. WHAT DO YOU LOVE ABOUT YOUR JOB?

I love people! I love to meet and greet new customers and assist anyone who may have questions, and offer them amazing samples from our store.

5. GIVE US A FUNNY FACT ABOUT YOURSELF!

I love to sing and dance!



Over \$2,190,000 in rebates have been issued to our rewards Card Members since July 2014!

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

