



health connections

APRIL | MAY | JUNE 2023



April

May

June



Sambucus Zinc C

60ct.
\$6⁹⁹
SRP \$11.99



40% OFF!

Prices effective
4/1/23 - 4/30/23



**Nixie Sparkling
Water, Grapefruit**
Plus Select Varieties
8 pack
\$3⁹⁹
SRP \$6.32



37% OFF!

Prices effective
4/21/23 - 5/25/23



BADGER

**Badger Sport Clear
Zinc, SPF 40**

2.90Z
\$12⁵⁹
SRP \$17.99



40% OFF!

Prices effective
5/26/23 - 6/22/23

PILGRIM'S UPDATE

SPRING: A TIME TO REGENERATE, RENEW AND REWARD



Joe, Team Captain

Spring is such a wonderful time here in North Idaho! After enduring the long winter's darkness and cold, we are rewarded with a time to re-discover the earth's spring smells, the warmth of the sun, and the regeneration of so much plant-life in our yards, our parks, and our plentiful wild areas. This winter season has also presented me with many reasons to question the future security of our food system, and I don't think I am alone in that.

As we continue to hear news of inflating food costs and food factories burning or being closed, many of us are renewing our interest in becoming more food-independent by taking a greater interest in bulk foods, having a fully-stocked pantry, and in our ability to produce food at home via gardening, fermenting, and various home-cooking techniques.

REGENERATE

I encourage you to consider participating in this magical time of year by starting to GROW SOMETHING! Growing your own food has so many benefits like better nutrition, costs savings, environmental benefits, and it also provides a wonderful sense of accomplishment.

You can start small with herbs in your kitchen window, or you can till some soil in your yard and earnestly begin growing some of your own food. We have many resources at Pilgrim's to help including books, organic seed selections, and even organic "starts" that we and our partnering local farms have incubated for you. They are ready to be directly planted in the soil and produce an earlier, more robust crop for you to harvest. Keep an eye out on our social media channels, text and email lists (found on our website) for educational classes hosted by our own organic farm team as well.

RENEW

Since the world around us is pouring energy into renewing life and crops, Spring presents the perfect time to renew your commitment to eating healthy, improving your scratch-cooking techniques, and even learning new food preservation skills like dehydrating, fermenting and canning. Do you have cherry or apple tree in your yard that you allow the fruit to rot and fall to the ground every year? Research how to preserve the apples or prepare tasty pies or other dishes with them and freeze(or can) them to build your food reserves, in case we are hit with more food supply disruptions.

Check out the Modern Homesteading Conference coming to Kootenai County fairgrounds this June at www.modernhomesteading.com. This promises to be an amazing event that can provide you with invaluable life skills.

REWARD

Good food, shared with family and friends, is one of the most enjoyable ways that we reward ourselves for our hard work every day. As always, I am a huge believer in the value of certified organic foods. Certified Organic Foods, like those sold at Pilgrim' Market do a lot:

1. Prohibit farmers from using synthetic chemicals that are linked to a variety of health problems
2. Prohibit Genetically Modified Organisms (GMOs) that present serious questions on long-term-health effects.
3. Have been shown to have higher nutrient levels and richness of flavor than conventionally-grown counterparts.
4. Are better for the environment because they are grown with a much greater emphasis on improving soil health, conserving water and reducing pollution.

Enjoy this spring and please continue to see Pilgrim's Market as a partner in your health journey, your celebration of food and in your efforts to become more food independent.

Publication Information
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(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: SNACKTIVIST FOODS



Julie, Floor Manager

Snacktivist Foods is a local trailblazer based right here, in our very own Coeur d'Alene, Idaho! This woman-owned and operated company produces a variety of plant-based, sweet and savory baking mixes that empower us to indulge conscientiously. Enjoy being able to easily whip up homemade waffles, fresh from-the-oven bread, or mouthwatering baked brownies and cookies that are made with ancient grains, allergen free ingredients, and taste out-of-this-world, delicious!

Snacktivist Foods is an exemplary model of a small company with big impact that is raising the bar on what we should expect in healthy food choices. At Pilgrim's, you can find Snacktivist baking mixes on isle #2. There are also quite a few restaurants in town that use Snacktivist mixes for their menu items so there's a good chance you have unknowingly already tried them. But I do encourage you to make some at home for that fresh out-of-the-oven experience.

I asked Joni which blend is her favorite and she answered, "If it's just for me, the Focaccia, but for our family, it would be the Waffle Mix." As for my favorite, I'm still working my way through the different choices and have not had one I didn't like yet. Thank you for shopping local!

As CEO/Founder Joni Kindwall-Moore says, "It's what we put IN our products, not what we leave out, that makes them special." Necessity became the mother of invention for Joni as a mom of three and a full-time nurse. The kids had dietary sensitivities and she worked all week so Joni began creating large batches of gluten free, vegan dry mixes with healthy grains to sustain her family during the hectic work/school week. Good food is always shared and before Joni knew it, friends and colleagues wanted to know where to buy these delectable, nutritious, comfort-food mixes. As a result, Joni created Snacktivist! I had to ask, "how did you come up with the name?" Joni replied, "I first heard the name Snacktivist being used by mom bloggers looking for healthy snack options for their kids and I loved the term, plus making the daily action of eating meaningful is so important."

Joni is also an Ethnobotanist and has devoted a great deal of her life to study how people use plants for food and medicine. As a nurse, she knows the importance of a healthy diet and that is why she uses nutrient-dense grains like Idaho-grown teff, proso millet, and white "milo" sorghum for Snacktivist products. These super grains are climate-smart crops that produce more food with better nutrition, resist crop pests and diseases, and grow in the face of long term stressors, such as erratic weather conditions. They are also soil builders and help reduce greenhouse gas emissions. To take it even further, Joni has partnered with likeminded farmers who are dedicated to growing healthy crops by practicing regenerative agriculture to bring life back in the soil and biodiversity to their crops. She believes that this type of regenerative agriculture is essential for the future of sustainable food.

So, what's next for Snacktivist? For starters, Snacktivist products have a fresh look with bright new packaging and a QR code on the bag to scan for direct access to their website that has in-depth information about their products and Joni's projects that support the Snacktivist mission. You can also catch Joni's Regenerative by Design Podcasts that explore the many facets of the regenerative food system movement. By fall of 2023, the Snacktivist transparency tool will be added to the website so that you can view the crops used for their products from soil to plate through the food system with insight on soil health, biodiversity, water, and nutrition.



new
look!





New Items

ONLY AT PILGRIM'S MARKET

MADE WITH ORGANIC INGREDIENTS



PILGRIM'S DELI
MRH TAMALES

AVAILABLE IN SERVICE DELI CASE



PILGRIM'S BAKEHOUSE
CAKE POPS

REGULAR AND GLUTEN-FREE OPTIONS



PILGRIM'S BAKEHOUSE
COCONUT MACAROONS

AVAILABLE IN BAKERY CASE



PILGRIM'S GIFTS
NATIONAL FOREST SOY WAX CANDLE

PHTHALATE-FREE



PILGRIM'S BULK
WHITE CHOCOLATE ALMOND BUTTER

VEGAN



LOCAL VENDOR
THOMAS CATTLE LOCAL BEEF

PILGRIMS MARKET EXCLUSIVE



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

APRIL

APRIL, THE ANGEL OF THE MONTHS, THE YOUNG LOVE OF THE YEAR.
—VITA SACKVILLE-WEST

PILGRIM'S
Berry Sale!
STRAWBERRIES, BLUEBERRIES,
RASPBERRIES, & BLACKBERRIES



10% off!

Assorted Sizes On Sale
APRIL 7-9!

DANISH BUTTER COOKIES

New Item in the Bakery!



ALL MONTH

STASHER® FOOD STORAGE



20% off!

ALL MONTH

PILGRIM'S
House Plant Sale
ALL HOUSE PLANTS
ON SALE



30% off!

One Day Sale
APRIL 18TH

9-INCH
Carrot Cakes
REG. & G/F AVAILABLE ALL MONTH



BAKEHOUSE SPOTLIGHT

FRESH BULK SAUSAGE

\$2.99/lb
Made Right Here!



4/5-4/7

ORGANIC PINEAPPLES

\$3.99/ea.



4/1-4/7

REUBEN SANDWICH

New Deli Grill Sandwich
Limited Time Only!



ALL MONTH!

BOAR'S HEAD® HUMMUS

2 for \$7



ALL MONTH!

ORGANIC MANGOS

2 for \$3
Ataulfo and Tommy



4/17-4/23

BEEF TENDERLOIN

\$12.99/lb
Whole in Bag



ALL MONTH!

PILGRIM'S MEAT DEPT.

Now with Weekly Fresh Fish Specials



ALL MONTH!

GITZELL® BASKETS

20% off!
Fair Trade African Baskets



4/2-4/9

cultured
mama
LIVING FOODS

FERMENTED VEGGIES
NOT YO' MAMA'S BEETS | CARROT COINS
CURRY CAULIFLOWER | SAUERRUEBEN



15% off!
4/1-4/28

PILGRIM'S MARKET Exclusive

klean kanteen®
ALL VARIETIES ON SALE!



20% off!*

On Sale
APRIL 1-22

PILGRIM'S
Earth Day Sale
ENTIRE BULK DEPARTMENT
ON SALE



20% off!*

One Day Sale
APRIL 22
*EXCLUDES COFFEE AND KOMBUCHA

READY-TO-EAT
Easter Side Dishes
SCALLOP POTATOES | GREEN BEAN
CASSEROLES | ANGEL EGGS



Easter Special
APRIL 6-9

NELLIE'S

50 Load Laundry Soda
1.6lb

\$5⁷⁹

Reg. \$10.99



Prices effective 3/24/23 - 4/20/23

CARRINGTON FARMS

Cronouns, Garlic Parmesan
4.75oz

\$3⁶⁹

Reg. \$5.29



Prices effective 3/24/23 - 4/20/23

NECTAR OF LIFE

Happy Place Organic Coffee
Sale April 1st-April 15th

10oz
\$12⁹⁹

Reg. \$13.99



Prices effective 4/1/23 - 4/15/23

MELORA

Manuka Honey
UMF 10+
12oz

\$23²⁹

Reg. \$31.59



Prices effective 3/24/23 - 4/20/23

Organicville

NON-DAIRY
RANCH | 8OZ

\$3⁵⁹

Reg. \$4.89



BALSAMIC WITH
OLIVE OIL | 8OZ

\$3⁵⁹

Reg. \$4.89



plus select
varieties

Always Organic. Always Accessible.

Prices effective
3/24/23 -
4/20/23

LORINA

Artisanal Sparkling Blood
Orange Soda

Plus Select Varieties

11.1oz

\$1⁸⁹

Reg. \$2.39



Prices effective 3/24/23 - 4/20/23

PIRQ

Superfood Protein Shake,
Very Strawberry

Plus Select Varieties

11oz

\$1⁹⁹

Reg. \$2.79



Prices effective 3/24/23 - 4/20/23

FILIPPO BERIO

Organic Classic Pesto

6.7oz

\$4⁶⁹

Reg. \$5.89



Prices effective 3/24/23 - 4/20/23

BOXED WATER IS BETTER

Purified Water

33.8oz

\$1⁵⁹

Reg. \$1.99



Prices effective 3/24/23 - 4/20/23

SEED & MILL

Organic Tahini
16oz

\$9⁴⁹

Reg. \$11.99



Prices effective 3/24/23 - 4/20/23

TRADITIONAL MEDICINALS

Organic Peppermint Tea

Plus Select Varieties

16 bags

\$4⁵⁹

Reg. \$6.19



Prices effective 3/24/23 - 4/20/23



Lion's Mane
Powder

3.5oz

\$16²⁹

Reg. \$21.99

Turkey Tail
Powder

3.5oz

\$17⁴⁹

Reg. \$21.99



Prices effective 3/24/23 - 4/20/23

ESTD 1989
BARLEAN'S



Organic Flax Oil | 8oz
SRP \$13.99.....**Sale \$11.89**

Evening Primrose Oil | 60sg
SRP \$20.99.....**Sale \$17.79**

natural Factors



Vitamin D3 5000iu | 60cap
SRP \$31.95.....**Sale \$22.39**

Fermented Organic Greens Tropical | 14.3oz
SRP \$52.95.....**Sale \$39.69**

neutral.



Organic Fortified Whole Milk
64oz
\$4⁴⁹
Reg. \$5.29



Pasture Raised Salted Butter
8oz
\$4³⁹
Reg. \$5.39

Carbon Neutral Milk & Butter. Sourced from humanely-treated, pasture-raised cows on small family farms!

ENTIRE LINE 15% Off!

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

NIELSEN MASSEY

Pure Lemon Extract
2OZ

\$4²⁹

Reg. \$8.89



Prices effective 3/24/23 - 4/20/23

SONOMA

Gluten Free Ivory

Teff Wraps
13.96OZ

\$4⁵⁹

Reg. \$6.19



Prices effective 3/24/23 - 4/20/23

Prices effective 3/24/23 - 4/20/23

HOST DEFENSE[®] Mushrooms[™]



ENTIRE LINE 25% Off!

Stamets 7 | 3.5oz
\$22⁴⁶
SRP \$29.95

Elderberry Plus | 4oz
\$17¹⁹
SRP \$22.95

Cordychi Extract | 1oz
\$14⁹⁶
SRP \$29.95

MyCommunity | 120cap
\$52⁴⁶
SRP \$69.95

Turkey Tail | 60cap
\$23⁹⁶
SRP \$31.95

Lion's Mane | 60cap
\$23⁹⁶
SRP \$31.95

SINCE Nature's Way 1969



Primadophilus Kids Cherry | 60tab
SRP \$20.49.....**Sale \$16.39**

Alive! Children's Multi Gummies | 90ct
SRP \$20.99.....**Sale \$14.69**

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



MRM NUTRITION ORGANIC RED BEET POWDER
8.5oz
\$15⁶⁹
SRP. \$24.19

ENTIRE LINE
30-35% Off!

Emerald Labs
The Additive-Free Company®



B-HEALTHY
60cap
\$18⁸⁹
SRP \$26.95

VITAMIN D3+K2
60cap
\$12⁵⁹
SRP \$17.95

ENTIRE LINE
30% Off!

BOIRON®



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

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

SELECT BOIRON PRODUCTS
25-30% Off

irwin naturals.



CBD Oil 250mg | 1oz
SRP \$19.99.....**Sale \$14.99**

Prosta-Strong | 90ct
SRP \$39.99.....**Sale \$29.99**

Steel-Libido for Women | 75ct
SRP \$33.32.....**Sale \$24.99**

CBD TINTURES, MEN'S & WOMEN'S PRODUCTS
25% Off

NORDIC NATURALS®



ARTIC COD LIVER OIL, LEMON
8oz
\$23¹⁶
SRP. \$28.95

ULTIMATE OMEGA
60sg
\$22³⁶
SRP. \$27.95

CHILDREN'S DHA
90sg
\$12⁷⁶
SRP. \$15.95

SELECT ULTIMATE OMEGA'S, CHILDREN'S AND COD LIVER OIL
20% Off!

Olois
Homeopathy For All



Arnica Montana 30c | 80ct
SRP \$8.49.....**Sale \$7.19**

Arnica Montana 200ck | 80ct
SRP \$9.49.....**Sale \$8.09**

ENTIRE LINE
15% Off!

Bluebonnet
THE POWER INSIDE



NAC 500mg | 30cap
SRP \$11.95.....**Sale \$8.96**

Super Quercetin | 30cap
SRP \$19.75.....**Sale \$14.79**

SELECT BLUEBONNET PRODUCTS
20-25% Off!

WILEY'S FINEST®

A WILEY COMPANIES BRAND

Select
Wiley's Finest
25% OFF!



NORWEGIAN COD LIVER OIL+
Orange Bliss | 8.45oz
\$37⁴⁹
SRP \$49.99

WILD ALASKAN FISH OIL
Prenatal DHA 600mg | 60sg
\$19⁵⁹
SRP \$26.09

WILD ALASKAN FISH OIL
Omega 3 +K2 +D3 | 60sg
\$29⁶⁹
SRP \$39.59

BOLD VISION
Proactive | 60sg
\$30³⁹
SRP \$40.49

WILD ALASKAN FISH OIL
Peak EPA | 60sg
\$32⁵⁹
SRP \$43.49

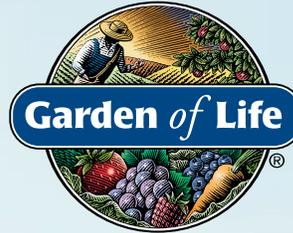
WILD ALASKAN FISH OIL
DHA For Kids | 8.45 oz
\$25⁸⁹
SRP \$34.59



Quercetin & Bromelain | 120cap
SRP \$39.99..... **Sale \$27.99**

Allibiotic CF | 60sg
SRP \$23.99..... **Sale \$14.39**

SELECT NOW PRODUCTS
20-40% Off!



SELECT GARDEN OF LIFE
30-35% OFF!

Creamy Plant Protein with Oat Milk, Vanilla | 30.33oz
SRP \$44.99..... **Sale \$29.24**

Creamy Plant Protein with Oat Milk, Chocolate | 32.45oz
SRP \$44.99..... **Sale \$29.24**

Dr. Formulated Magnesium Peach Gummy | 60ct
SRP \$20.99..... **Sale \$13.64**

Dr. Formulated Magnesium Orange Crème Gummy | 60ct
SRP \$20.99..... **Sale \$13.64**

Magnesium Citrate 400 mg Gummy Raspberry | 60ct
SRP \$20.99..... **Sale \$13.64**



SOLID SHAMPOO
& CONDITIONER
2.7oz
\$10⁹⁹
SRP. \$12.99

ENTIRE LINE
15% Off!



UDO'S OIL 3.6.9
BLEND
32oz
\$55¹⁹
SRP. \$68.99

ENTIRE LINE
20% Off!



COPPER RESCUE
1 ea
\$29¹⁹

Thanks to Copper Rescue's antimicrobial properties, help fight off colds, cold sores, warts, as well as clean minor cuts.



PRANAROM
LAVENDER
0.17oz
\$9⁷⁹
SRP. \$11.49

*excludes diffusers

ENTIRE LINE
15% Off!*



APRIL

TRUST YOUR HEALTH TO

Terry Naturally®



When you choose Terry Naturally® supplements, you're making the best decision possible for your health.

Our brand is committed to high-quality, science-supported supplements with a mission *To Improve the Health of America-one person at a time.*

No matter what your health needs are, we have a product you can trust to help you live a healthier life.*

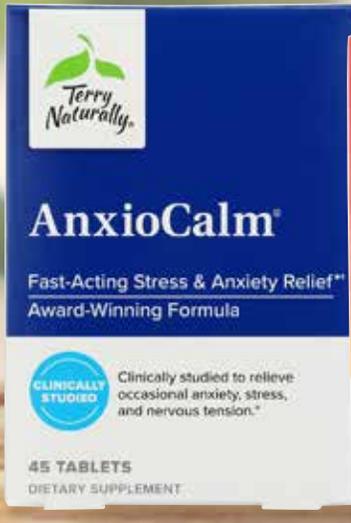
MONEY-BACK GUARANTEE

We also stand behind our products with a complete money-back guarantee. If our product doesn't meet your expectations, you can return the product for a full refund.

Try Terry Naturally® Today—

You Have Nothing to Lose, but So Much to Gain!

Don't Miss Out on These Customer Favorites!



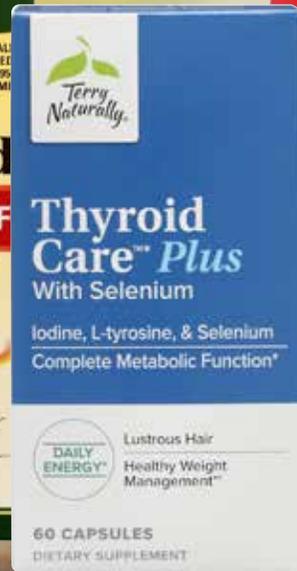
AnxioCalm
45ct
\$29⁵⁶
SRP \$36.95



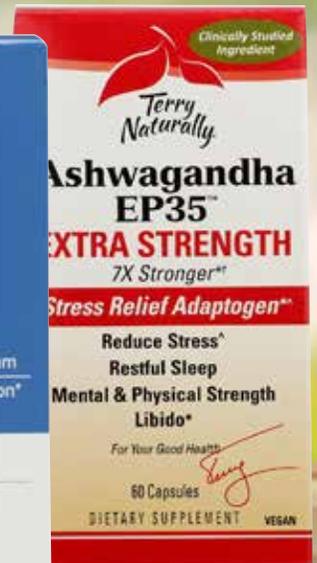
Red Ginseng Energy
Chews | 30ct
\$24⁷⁶
SRP \$30.95



CuraMed Acute
Pain Relief | 60sg
\$41⁵⁶
SRP \$51.95



Thyroid Care
Plus | 60cap
\$19¹⁶
SRP \$23.95



Ashwagandha EP35
Extra Strength | 60cap
\$23¹⁶
SRP \$28.95

20% OFF all Terry Naturally® Products (FOR A LIMITED TIME).

*Occasional stress. †Compared to an equivalent amount of standard ashwagandha.
^Ruptures in less than 15 minutes meeting the United States Pharmacopeia test specifications. ‡Occasional muscle pain or inflammation due to exercise or overuse.

††Compared to the rare, noble ginsenoside content of conventional ginseng.
‡ In conjunction with a healthy diet and exercise regimen. ††Supports healthy levels already within normal range.
*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



Demo Highlights

COME SAMPLE PILGRIM'S!



LORRI | DEMO COORDINATOR

April

WEDNESDAY, APRIL 5, 10:00AM-1:00PM

Come on in to sample some delicious treats from our bulk department. We have put together convenient grab and go bags for Easter or for any occasion.

SATURDAY, APRIL 8TH, 10:00AM-1:00PM

If you haven't tried our Bakery's carrot cake, today is the day! Available in regular and gluten free, this irresistible cake with silky smooth cream cheese frosting will not disappoint! Made right here with much love.

May

FRIDAY, MAY 5, 10:00AM-1:00PM

Add some zip to your Cinco de Mayo! We will be sampling some Cultured Mama favorite seasonal condiments with a healthy twist. Enjoy salsa, hot sauces, sriracha, and sriracha mayo made with organic ingredients. Never pasteurized, they are loaded with enzymes, gut-friendly microorganisms, vitamins, and flavor! Fantastic with burritos, nachos, carnitas, and tamales. All Made Right Here!

SATURDAY, MAY 13TH, 11:00AM-4:00PM

Come on in and sample Love's and Bare Culture Kombucha today! This is a probiotic tea that is craft-brewed in Moscow, Idaho. Love's Kombucha is delicious by itself without added juices and celebrates the true taste of raw Kombucha. It is a delightful, sparkling drink that is high in organic enzymes, vitamins, and antioxidants.

June

THURSDAY, JUNE 8TH, 1:30PM-4:00PM

Swing by the demo table to sample our deliciously hearty tamales available in 3 varieties. Pork, Chili cheese and Beef! All Gluten Free and available in the Deli case and freezer section.

THURSDAY, JUNE 15TH, 1:30PM-4:00PM

We are sampling our deli's Fresh Squeezed Ginger Lemonade! This will surely quench your thirst with only 4 simple organic ingredients bursting with freshness and flavor!!

**items sampled are subject to product availability*

SPRINGTIME

Department Spotlights



PILGRIM'S BAKEHOUSE

BAKED WITH LOVE

At Pilgrim's Bakehouse, we believe that a pinch of love is a must-have ingredient in every recipe. Every morning, our bakers lovingly produce crispy and chewy artisan hearth breads and toaster loaves with a state-of-the-art European stone hearth oven. Following in the footsteps of the time-honored traditions, we handcraft scrumptious recipes to bring you a daily bread you can truly savor, Made Right Here (MRH).

GOODS FOR EVERY DIET

Although our kitchen is not certified gluten free, we do produce breads, pastries, and desserts without using gluten-containing ingredients. This means that gluten intolerant customers can enjoy our gluten-free baked goods with ease, while customers with Celiac Disease should exercise caution and purchase foods made in certified gluten-free kitchens, which can be found on our Grocery shelves. We bake with our dairy-free and vegan customers in mind as well – look for our in-house labels – and, of course, none of our freshly baked items contain preservatives, artificial flavorings, or hydrogenated oils.



GIFT & FLORAL

MAGIC IN THE AIR

Pilgrim's Market isn't only a grocery store. We also have a unique and comprehensive Gift and Floral department. Our recycled, Tree Free, and hand-crafted greeting cards will make you and your recipient laugh, cry, and feel loved. Yes, we have things like socks, candles, journals, and mugs, but our carefully selected colors and designs, as well as the fact that we source local, fair trade, and fragrance-, Phthalate-, and chemical-free products for you and your family, make our corner of the store extraordinary. Take a moment to wander and perhaps have a conversation with one of our fantastical Folkmanis Puppets.



GREENERY TO GIFT & GROW

Whether you're picking up a cut flower bouquet to accompany that birthday card or looking for a potted plant or succulent to cultivate on your windowsill, we have a wealth of green options for any or no occasion. For our arrangements, we source year-round from a local flower farm and a local bouquet creator. In the spring, we bring in local, organic garden seedlings, and year-round, we carry local, non-GMO, clean grown seeds for your garden, herb pots, and flower beds. Be sure to check out our selection of potting soil and compost as well!



One Day Sales

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

April 22
BULK

20% OFF
ENTIRE DEPARTMENT
(EXCLUDES COFFEE AND
KOMBUCHA)

May 24
CHILL

EXTRA 10% OFF
NIXIE ORGANIC SPARKLING
FLAVORED WATERS
FOR A TOTAL OF 47% OFF!

June 21
PILGRIM'S BAKEHOUSE

25% OFF
ALL PBH ICE CREAM AND
PBH FROZEN NOVELTIES



MRH
MADE RIGHT HERE
HOUSEMADE SOY CANDLES

20% off!

On Sale
MAY 8-14



ICE TEAS AND LEMONADE
All Varieties

20% off!

ALL MONTH!



ORGANIC TOMATOES
Vine, Heirloom, and Beefsteak

10% off

MAY 1-15

CHECK OUT OUR
Mother's Day
Flower Bouquets
FROM DRAGON FLOWER DESIGN



Available
WHILE SUPPLIES LAST



cultured
mama
LIVING FOODS

SPICY SAUCES SALE!
HOT SAUCES | SRIRACHAS
SRIRACHA MAYO



TEA THYME LOAF BREAD
Bakehouse Spotlight

Made Right Here

MAY 6-15



WASHINGTON ASPARAGUS
Grown in the PNW!

\$4⁷⁹/lb

MAY 22-28



SNAKE RIVER SEED CO.®
All Seeds on Sale!

20% off!

MAY 1-7



15% off!
4/29-5/31

PILGRIM'S MARKET
Exclusive



HYDROFLASK® COOLERS
12ltr & 20Ltr Carry Out Soft coolers

15% off!

MAY 8-14



BOODY ECO WEAR® PRODUCTS
All varieties

20% off!

MAY 8-14



CULTURED MAMA® SALSA
All Varieties!

20% off!

MAY 1-5

PILGRIM'S
BakeHouse
Spotlight
MINI BERRY TARTS



Perfect for
MOTHER'S DAY



SMART CHICKEN® BRAND
Organic Sausages

Available in the Meat Dept.

WHILE SUPPLIES LAST



MEYERS® BRAND
Grass Fed Ground Beef-1lb

Available in the Meat Dept.

WHILE SUPPLIES LAST



TAYLOR FARMS
Yak meat from Athol, ID

Available in the Meat Dept.

LOCAL SUPPLIER!



THUNDER'S CATCH®
Salmon Products from Sandpoint, ID

Available in the Meat Dept.

LOCAL SUPPLIER!



TIERRA FARM®
Goodies, Nuts, & Trail Mixes

25% off bulk
15% off prepackaged

ALL MONTH



COWBOY CAVIAR & TZATZIKI
Back for the Season

Available in the Deli GrG Case

WHILE SUPPLIES LAST



THREE BERRY BLEND
2.5 lbs
\$9¹⁹
Reg. \$10.79

BLUEBERRIES
2.5 lbs
\$9¹⁹
Reg. \$10.79

ENTIRE LINE ON SALE!

CHIP MAGNET
Wildly Delicious Classic
Chunky Salsa
16oz

\$4⁶⁹
Reg. \$5.49



Prices effective 4/21/23 -5/25/23

OUTER AISLE
Cauliflower Sandwich
Thins

Plus Select Varieties
6.75oz
\$5²⁹
Reg. \$7.79



Prices effective 4/21/23 -5/25/23

BIG PICTURE FOODS
Organic Whole Green
Amfissa Olive

Plus Select Varieties
8oz
\$3⁷⁹
Reg. \$4.79



Prices effective 4/21/23 -5/25/23

EAT PASTRY
Chocolate Chunk Cookie
Dough

14oz
\$5⁶⁹
Reg. \$7.19



Prices effective 4/21/23 -5/25/23

HOP WTR
Sparkling Hop Water,
Classic

Plus Select Varieties
12oz
\$1⁸⁹
Reg. \$2.19



Prices effective 4/21/23 -5/25/23

KETO PINT
Keto Chocolate Ice Cream
Plus Select Varieties

16oz
\$4⁹⁹
Reg. \$6.89



Prices effective 4/21/23 -5/25/23

WILDWONDER
Organic Sparkling
Prebiotic & Probiotic Drink,
Strawberry Passion

Plus Select Varieties
12oz
\$2⁶⁹
Reg. \$3.39



Prices effective 4/21/23 -5/25/23

KALONA SUPERNATURAL
Organic Sour Cream

16oz
\$3⁹⁹
Reg. \$4.69



Prices effective 4/21/23 -5/25/23

DE LA CALLE!

**WHAT IS
TEPACHE?**

Tepache is a pineapple probiotic. This naturally fermented beverage is made with pineapples and a unique blend of aromatics and spices.



Prices effective 4/21/23 -5/25/23

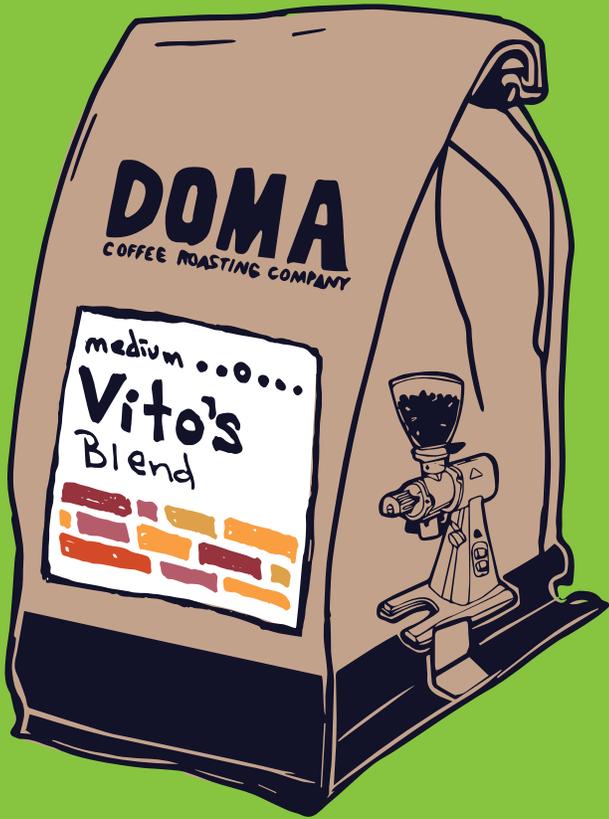
Tepache
Tradicional,
Pineapple Spice
Plus Select Varieties
12oz
\$2⁴⁹
Reg. \$3.19

MAY

"BELIEVE YOU CAN AND YOU'RE HALFWAY THERE."
- THEODORE ROOSEVELT

MAY COFFEE SALE

SAVE \$2 on all retail bags of DOMA coffee.



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

DOMA

COFFEE ROASTING COMPANY.®

domacoffee.com

PANDA
Soft Black Licorice Chews
Plus Select Varieties

7oz
\$3²⁹
Reg. \$4.49



Prices effective 4/21/23 - 5/25/23

TORIE & HOWARD
Sour Berry Chewie Fruities
Plus Select Varieties

2.1oz
\$1³⁹
Reg. \$1.99



Prices effective 4/21/23 - 5/25/23

SERENITY KIDS
Organic Sweet Potato & Spinach
Plus Select Varieties

3.5oz
\$2²⁹
Reg. \$2.99



Prices effective 4/21/23 - 5/25/23

ARTISANA
Organic Raw Almond Butter
14oz

\$16⁹⁹
Reg. \$21.59



Prices effective 4/21/23 - 5/25/23

RenewLife
VAGINAL & URINARY
COMPLETE
60cap
\$23⁹⁹
Reg. \$29.99



ON SALE
20% Off!

NEOCCELL
BEAUTY BUILDER
VEGAN COLLAGEN
8.5oz
\$23⁹⁹
SRP. \$29.99



ON SALE
20% Off!

NATURAL VITALITY
CALM

CALM GUMMIES,
RASPBERRY LEMON
120ct
\$22⁹⁹
SRP. \$30.99



ON SALE
26% Off!



ORGANIC MILK THISTLE | 90cap
SRP \$31.95.....**Sale \$23.96**
SAW PALMETTO PYGEUM | 90cap
SRP \$27.95.....**Sale \$20.96**



**ENTIRE LINE
25% Off!**



GARDEN OF LIFE
offers Grass-Fed Collagen. Non-GMO Tested and Certified, Keto Certified, Paleo Friendly and NSF Gluten Free. Whether it's fortifying hair, skin and nails or supporting healthy joints and mobility we have the clean, convenient answer in our collagen powders.

COLLAGEN PEPTIDES UNFLAVORED
9.87oz
\$13⁹⁹
SRP. \$27.99



50% Off!!

COLLAGEN PEPTIDES UNFLAVORED
19.75oz
\$23⁴⁹
SRP. \$46.99



VITAMIN C GUMMIES 250MG | 120ct
SRP \$22.49.....**Sale \$19.09**
NETTLE LEAF | 100cap
SRP \$11.49.....**Sale \$7.99**



ULTIMATE OMEGA D3 | 60sg
SRP \$28.95.....**Sale \$23.16**
NORDIC BERRIES | 120ct
SRP \$26.95.....**Sale \$21.56**

**SELECT NATURE'S WAY
15-30% Off!!**

**SELECT NORDIC NATURALS
20% Off!!**



Arnica Gel Value Pack | 2.6oz
SRP \$16.99..... **Sale \$11.89**
Arnica Cream Value Pack | 2.5oz
SRP \$16.99..... **Sale \$11.89**

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



THE CRÈME | 2oz
SRP \$42.00.....**Sale \$31.49**
THE WASH | 4oz
SRP \$20.00.....**Sale \$14.99**



LAVENDAR OIL | 1oz
SRP \$13.99.....**Sale \$10.49**
D-MANNOSE 500MG | 120cap
SRP \$31.99.....**Sale \$19.19**

**ALL ESSENTIAL OILS
25% Off!!** | **SELECT SUPPLEMENTS
25-40% Off!!**



COENZYME Q10
100MG
60sg
\$15⁹⁹
Reg. \$22.95

**SELECT NATURAL FACTORS COQ10 AND OMEGA OILS
25-30% Off!**



PERFECT BODY BRUSH
1ct
\$8⁴⁹
SRP. \$9.99

**SELECT URBAN SPA BODY & FACE CARE TOOLS
15% Off!**

JUNE

"IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE LIKE SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY." - ROALD DAHL

HOUSEMADE TAMALES

20% off!



ALL MONTH!



BEEHAVEN FLOWER FARM
SINCE 2007

Local Supplier:
BONNERS FERRY, ID

Fresh Cut Flowers
AVAILABLE NOW!



MANGO SALSA & COLESLAW

Back for the Season!



While Supplies Last



SAMBAZON® MAKE-YOUR-OWN ACAI BOWLS

20% off!

ALL MONTH!



ORGANIC GRAPES

\$3.49/lb

Red, Green, and Black

ALL MONTH!



CULTURED MAMA

15% off!

Hot Mama Kraut

6/1-6/8




HYDROFLASK® BOTTLES, COOLERS, LUNCH TOTES, & BAGS

20% off!

All Varieties

6/12-6/18



ORGANIC STRAWBERRIES

\$3.99/ea

1lb package

6/1-6/7



MEYERS® DOROK PORK PRODUCTS

Meat Dept. Spotlight

While Supplies Last



HOUSEMADE SMOKED SALMON

Made Right Here!

While Supplies Last



ORGANIC BEDDING PLANTS

From Pokey Creek Farms

Local Supplier:
SANTA, ID



ORGANIC BLUEBERRIES

\$4.99/ea

1 pint package

6/8-6/15



WEEKLY FRESH FISH SPECIALS

Meat Dept. Spotlight

Come in to view selections!



WEEKLY COOKED CHICKEN SPECIALS

Meat Dept. Spotlight

Come in to view selections!



PBH ICE CREAM SANDWICHES

Vegan, GF, & Regular

ALL MONTH!

new!



ORGANIC RASPBERRIES

\$3.99/ea

6oz package

6/8-6/15



Father's Day Special

PEANUT BUTTER CHOCOLATE CREAM PIE

available
ALL MONTH!




FROZEN CHOCOLATE DIPPED BANANAS

Perfect for Summer Heat!

ALL MONTH!

new!



cultured mama LIVING FOODS

try our... **PROBIOTIC FERMENTED BRINES**

MADE WITH ORGANIC INGREDIENTS
VEGAN | DAIRY FREE



SALT LAMPS

20% off

All Varieties

6/12-6/18



BULK TRAIL MIX

30% off

Assorted Varieties

One Day Sale:
JUNE 9



15% off!

6/1-6/30

PILGRIM'S MARKET
Exclusive



JUNE

"IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE LIKE SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY." - ROALD DAHL

ALL IN
Energy Drink,
Grapefruit
12oz
\$1⁹⁹
Reg. \$2.69



Prices effective 5/26/23 - 6/22/23

INKA
Roasted Plantain Chips
4oz
\$1⁹⁹
Reg. \$2.89



Prices effective 5/26/23 - 6/22/23

LIVEMORE ORGANICS
Organic Smoothie,
Banana Split
8oz
\$3⁹⁹
Reg. \$6.19



Prices effective 5/26/23 - 6/22/23

BOXED WATER
Purified Water
33.8oz
\$1⁵⁹
Reg. \$1.99



Prices effective 5/26/23 - 6/22/23

VAN LEEUWEN
French Ice Cream,
Vanilla Bean
14oz
\$5⁶⁹
Reg. \$7.69



Prices effective 5/26/23 - 6/22/23

KALONA SUPERNATURAL
Organic Whole Milk
Cottage Cheese
16oz
\$5²⁹
Reg. \$6.19



Prices effective 5/26/23 - 6/22/23

NAMASTE
Artisan Pizza
Crust Mix,
Gluten Free
8oz
\$3⁵⁹
Reg. \$5.99



Prices effective 5/26/23 - 6/22/23

ORGANICVILLE CONDIMENTS ON SALE!

Organicville

ORIGINAL BBQ
SAUCE | 14OZ

\$3⁹⁹
Reg. \$5.39

DIJON
MUSTARD
12OZ
\$2⁸⁹
Reg. \$3.99

KETCHUP
24OZ
\$4¹⁹
Reg. \$5.79



Always Organic. Always Accessible.



ANCIENT NUTRITION

SELECT ANCIENT NUTRITION
25% Off!



Multi Collagen Protein
Powder | 8.6oz
\$24⁶⁹
SRP \$32.95



Organic SuperGreens
7.05oz
\$33⁶⁹
SRP \$44.95



Bone Broth Protein,
Chocolate | 17.8oz
\$39⁶⁹
SRP \$52.95



Bone Strength Take Care | 60tab
SRP \$38.80.....**Sale \$25.59**

Turmeric Force | 30tab
SRP \$28.30.....**Sale \$18.69**

**SELECT NEW CHAPTER
34% Off!**



Super Enzymes | 90cap
SRP \$23.99.....**Sale \$15.99**

Almond Oil | 4oz
SRP \$5.99.....**Sale \$4.49**

**SELECT NOW PRODUCTS
20-33% Off!**



MAGNESIUM MIND
120cap
\$26¹⁹
SRP. \$34.99

MAGNESIUM MOTION
60cap
\$19⁴⁹
SRP. \$25.99

**SELECT ENZYMEDICA MAGNESIUM
25% Off!**



POWER TO SLEEP PM
60sg
\$17⁹⁹
SRP. \$23.99

**ENTIRE LINE
25% Off!**



Vitamin C Gummies | 120ct
SRP \$22.95.....**Sale \$18.36**

Ultimate Omega | 180sg
SRP \$69.95.....**Sale \$55.96**

**SELECT NORDIC NATURALS VALUE SIZES
20% Off!**



PEPPERMINT TOOTH PASTE
5.25oz
\$8⁶⁹
SRP. \$10.89

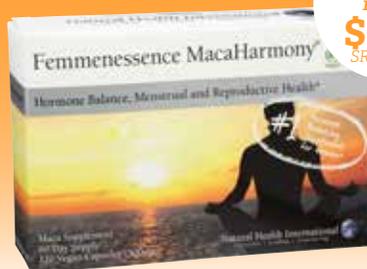
**ENTIRE LINE
20% Off!**



ENTIRE LINE 20% Off!

MacaHarmony® naturally supports normal hormone balance, menstrual and reproductive health from your teens through your reproductive years. Proven to support:

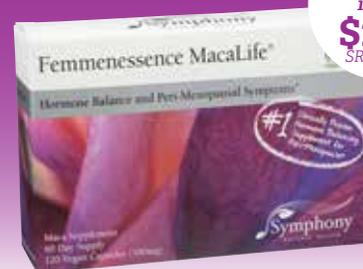
- normal hormone balance*
- normal menstrual cycles*
- symptoms related to monthly menstruation*
- healthy energy levels*
- balanced mood*
- normal reproductive health*
- clear skin, hair and nails*



**FEMMENESSENCE
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*



**FEMMENESSENCE
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*
- hair, skin and nails*

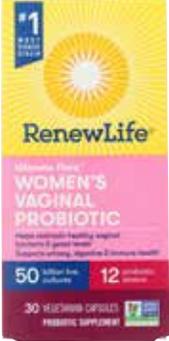


**FEMMENESSENCE
MACAPAUSE**
120cap
\$29⁵⁹
SRP. \$36.99



natural Factors

WHEY FACTORS
GRASS-FED
WHEY PROTEIN POWDER
FRENCH VANILLA
2lb
\$46⁴⁹
SRP. \$61.95



RenewLife

WOMEN'S VAGINAL
PROBIOTIC 50BILL
30cap
\$27⁹⁹
SRP. \$34.99



Humble

PALO SANTO &
FRANKINCENSE
DEODORANT
2.5oz
\$7⁹⁹
SRP. \$10.99



BOIRON

ARNICARE GEL
1.5oz
\$5⁹⁵
SRP. \$8.49

**NATURAL FACTORS PROTEIN POWDERS
25% Off!**

**ON SALE
20% Off!**

**ENTIRE LINE
27% Off!**

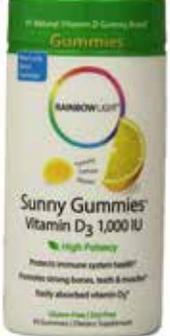
**SELECT BOIRON PRODUCTS
25-30% Off!**



Nature's Way
SINCE 1969

VITAMIN C
BIOFLAVONOIDS

SLIPPERY ELM
BAR



RAINBOW LIGHT

SUNNY GUMMIES
VITAMIN D3 1000IU
50ct
\$11⁵⁹
SRP. \$14.50



PRANAROM

PEPPERMINT
ESSENTIAL OIL
0.17oz
\$8⁷⁹
SRP. \$10.39
*excludes diffusers



**ARNICA
MONTANA 30C
80pellets
\$5³⁹**
SRP. \$7.69

**ENTIRE LINE
15% Off!***

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

Vitamin C Bioflavonoids | 90ct
SRP \$29.99.....**Sale \$20.79**

Slippery Elm Bar | 90cap
SRP \$11.99.....**Sale \$8.39**

Sunny Gummies
Vitamin D3 1,000 IU
50ct
\$11⁵⁹
SRP. \$14.50



Country Life

L-Theanine | 60cap
SRP \$37.39.....**Sale \$25.39**

Coenzyme-B Advanced | 120cap
SRP \$55.79.....**Sale \$37.89**

**SELECT COUNTRY LIFE
20-32% Off!**



Country Life

COENZYME
B-COMPLEX
ADVANCED

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

**ON SALE
20% Off!**

**SELECT COUNTRY LIFE
20-32% Off!**



Garden of Life

**SELECT GARDEN OF LIFE
25-35% OFF!**

- Vitamin Code Gummies Vitamins D3 & K2 | 45ct
SRP \$24.99..... **Sale \$16.19**
- Vitamin Code Gummies Women's Multi with Iron | 90ct
SRP \$26.99..... **Sale \$17.49**
- Vitamin Code Gummies Kids Multi with Iron | 90ct
SRP \$24.99..... **Sale \$16.19**
- Vitamin Code Gummies Men's Multi | 90ct
SRP \$26.99..... **Sale \$17.49**
- Vitamin Code Gummies Prenatal Multi with Iron & Folate | 90ct
SRP \$26.99..... **Sale \$17.49**
- Vitamin Code Gummies Calcium & Magnesium | 60ct
SRP \$23.99..... **Sale \$15.59**
- Vitamin Code Gummies CoQ10 | 60ct
SRP \$23.99..... **Sale \$15.59**

CREAM CHEESE ALMOND FLOUR BANANA BREAD MUFFINS



INGREDIENTS:

- 1 2/3 CUPS VERY RIPE BANANAS
- 1 CUP ALMOND FLOUR
- 1/3 CUP COCONUT FLOUR
- 2 TEASPOONS BAKING POWDER
- 1/2 TEASPOON BAKING SODA
- 1/4 TEASPOON SALT
- 2 TBSP BUTTER, SOFTENED
- 1/3 CUP UNPACKED BROWN SUGAR, DIVIDED
- 2 LARGE EGGS
- 1 TSP OF OUR MRH VANILLA EXTRACT
- 4 OZ REDUCED FAT CREAM CHEESE

DIRECTIONS:

- PREHEAT OVEN TO 325°F.
- LINE CUPCAKE TIN WITH LINERS.

- MASH BANANAS IN A BOWL, SET ASIDE.
- IN A MEDIUM BOWL, COMBINE ALMOND FLOUR, COCONUT FLOUR, BAKING POWDER, BAKING SODA AND SALT WITH A WIRE WHISK. SET ASIDE.
- IN A LARGE BOWL, CREAM BUTTER AND 1/4 CUP OF THE SUGAR WITH AN ELECTRIC MIXER.
- ADD EGGS, BANANAS AND VANILLA; BEAT AT MEDIUM SPEED UNTIL THICK. SCRAPE DOWN SIDES OF THE BOWL.
- ADD FLOUR MIXTURE, THEN BLEND AT LOW SPEED UNTIL JUST COMBINED.
- MIX THE CREAM CHEESE AND REMAINING SUGAR.
- POUR HALF THE BATTER INTO MUFFIN PAN
- ADD ABOUT 2 TEASPOONS OF CREAM CHEESE TO THE CENTER OF EACH MUFFIN AND TOP WITH THE REMAINING BATTER.
- BAKE ON THE CENTER RACK FOR 35 TO 45 MINUTES, OR UNTIL A TOOTHPICK INSERTED IN THE CENTER COMES OUT CLEAN.

SOUTHWEST STUFFED PEPPERS



INGREDIENTS:

- 2 MRH SOUTHWEST POWER BOWLS (VEGAN OR CHICKEN WILL WORK)
- 6 MEDIUM SIZED BELL PEPPERS OF CHOICE, MIX IT UP AND GET A VARIETY. (GREEN, RED, YELLOW, ORANGE)

- CHEESE OF CHOICE, I SUGGEST THE JALAPENO HAVARTI FROM OUR DELI.

DIRECTIONS:

- PREHEAT OVEN TO 350°F
- CUT TOPS OFF PEPPERS. REMOVE AND DISCARD STEMS. SCOOP OUT

- SEEDS AND MEMBRANE.
- PLACE PEPPERS-CUT SIDE UP-IN BAKING DISH JUST LARGE ENOUGH TO HOLD THEM UPRIGHT.
- EMPTY SOUTHWEST BOWL CONTENTS INTO A MED SIZE MIXING BOWL.
- POUR THE DRESSING, (INCLUDED) OVER CONTENTS AND MIX THOROUGHLY.
- SCOOP FILLING INTO PEPPERS AND ADD A
- SLICE OF CHEESE ON TOP OF EACH.
- POUR A SMALL AMOUNT OF WATER INTO THE BOTTOM OF THE BAKING DISH.
- COVER WITH FOIL AND BAKE 30 MINUTES.
- UNCOVER AND BAKE 15 TO 20 MINUTES OR UNTIL THE PEPPERS ARE SOFT AND THE CHEESE IS MELTED.

HAVARTI MEATBALL SUB



INGREDIENTS:

- MRH SHORTY BAGUETTE
- MRH PIZZA SAUCE
- MRH MEAT BALLS (PILGRIM'S MEAT DEPARTMENT)
- CHEESE OF CHOICE. I'M A HAVARTI FAN MYSELF.
- BASIL TO TASTE (OPTIONAL)

DIRECTIONS:

- PREHEAT OVEN TO 350°F
- IN A SKILLET ON MED HEAT, COOK MEAT BALLS TILL GOOD AND BROWN. INTERNAL TEMP SHOULD REACH 150.
- POUR PIZZA SAUCE OVER

- MEATBALLS. COVER AND SIMMER.
- WHILE MEATBALLS ARE SIMMERING IN SAUCE, CUT YOUR BAGUETTES SIDEWAYS, BUT NOT ALL THE WAY THROUGH.
- CUT ONE SLICE OF CHEESE IN HALF AND PLACE IN BOTTOM OF BREAD.
- SCOOP MEATBALLS INTO BREAD AND SPREAD DESIRED AMOUNT OF SAUCE OVER THEM.
- TOP WITH DESIRED AMOUNT OF CHEESE.
- PLACE SANDWICHES IN A BAKING DISH AND PLACE IN OVEN FOR APPROXIMATELY TEN MINUTES OR UNTIL CHEESE IS MELTED AND GOLDEN BROWN.
- TOP WITH BASIL IF DESIRED.

PILGRIM'S MARKET

— SPRINGTIME STAFF FAVORITES —



Kayla
**SUPPLEMENTS
MANAGER**
**Blue
Sapphire
Fusion**

"I WEAR THIS CBD FACIAL BALM MORNING & NIGHT AND CAN'T GET ENOUGH OF IT! IT KEEPS MY SKIN HYDRATED AND SMELLS AMAZING! "



Perrin
FLOOR MANAGER
**Ultima
Electrolyte
Replenisher**

"I LOVE THESE ELECTROLYTES AND TAKE THEM AFTER STRENUOUS ACTIVITIES! PERFECT TO KEEP AROUND IN THE SPRINGTIME NOW THAT WE'RE ALL OUTSIDE BEING MORE ACTIVE."



Mandy
LEAD BUYER
**Morel
Mushrooms**

"NOTHING BETTER THAN FRESH AND LOCAL MOREL MUSHROOMS FROM OUR PRODUCE DEPARTMENT! I ADD THESE BABIES TO JUST ABOUT EVERYTHING THIS TIME OF YEAR."



Sara
BEER & WINE MANAGER
**Canned
Cocktails**

"THESE EASY DRINKS ARE SO FUN, REFRESHING AND LIGHT! PERFECT FOR GETTING OUT MORE AS THE WEATHER WARMS UP."



Sydney
MARKETING
**Good Pop
Popsicles**

"I LOVE SEEING MY KIDS OUTSIDE AS THE WEATHER WARMS UP, RUNNING AROUND LIKE MANIACS WITH THESE POPSICLES! THEY'RE A TREAT FOR THEM WHILE I KNOW THEY'RE STILL HEALTHY AND NOT TOO SWEET!"



Louis
FLOOR MANAGER
**GT's
Synergy
Raw
Kombucha**

"A REFRESHING KOMBUCHA DRINK FOR WARMER SPRING WEATHER THAT WILL GIVE YOU A LITTLE BOOST THROUGHOUT YOUR DAY!"

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**



EMPLOYEE SPOTLIGHT

JOSH

Pilgrim's Deli

WHERE ARE YOU FROM?

I was born in Nevada but raised in Montana in a little town called Lakeside!

WHAT BROUGHT YOU TO PILGRIMS MARKET?

I had been shopping here at Pilgrim's Market for a while, and I was working at Safeway at the time when I heard rumors about Ryan (the Deli Manager) being a really cool boss. I was kind of done with working at Safeway and I didn't really want to work at another corporate company, so Pilgrim's seemed like a great fit. I am now a service deli associate, and I will have hit my 4-year mark here in May!

WHAT'S YOUR FAVORITE PART OF WORKING AT PILGRIMS?

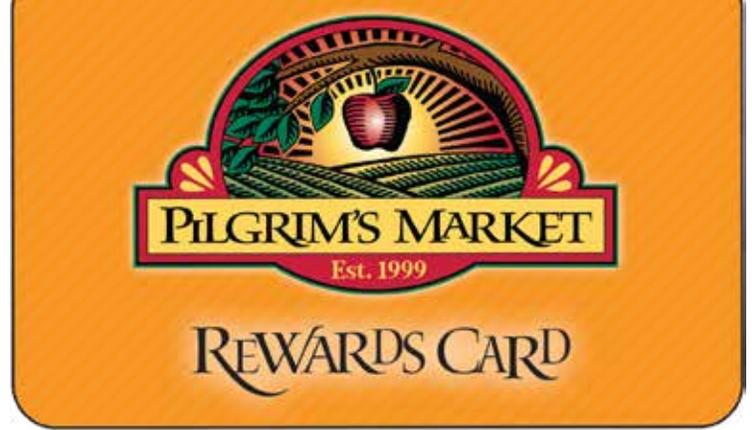
Building rapport with customers! We have a lot of regulars; I love getting to know them. They become some of my favorite people to talk to, which I wouldn't have expected to happen when I first got into customer service. I also got to meet Ryan and others who are all very talented chefs and cooks, and I love picking their brains for recipes!

WHAT DO YOU DO FOR FUN OUTSIDE OF WORK?

In my time outside of Pilgrim's, I am either going to be found reading, drawing, or gaming! I am usually found with a book in hand, but I really enjoy drawing as well and I have a large collection of sketchbooks of my works!

TELL US SOMETHING INTERESTING ABOUT YOURSELF?

I am studying calligraphy! I find the English language fascinating and I'm trying to better my understanding of it through written word and calligraphy, and gain more knowledge on how words work and the history behind them.



Over \$2,010,000 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

