



ROGERS FOODS NEWSLETTER

Bake | Learn | Share

Recipes of the Month

CLASSIC CANADIAN BUTTER TART RECIPE

[CLICK HERE](#)

MAPLE LEAF SUGAR COOKIE RECIPE

[CLICK HERE](#)

RED AND WHITE STRAWBERRY SHORTCAKE BISCUITS RECIPE

[CLICK HERE](#)

CAN THE FOODS YOU EAT HELP THWART A SUNBURN?

[CLICK HERE](#)

🇨🇦 HAPPY CANADA DAY 🇨🇦

CELEBRATE CANADA DAY with Sweet Treats + Skin-Smart Eats! 🍓☀️🍁

This Canada Day, we're serving up flavour, fun, and wellness —all made with **Rogers Foods flour**!

🍁 Try These Festive Bakes:

•**Classic Canadian Butter Tarts** – Goopy maple filling in flaky golden shells

•**Maple Leaf Sugar Cookies** – Sweet, crisp, and perfect for decorating red & white

•**Red & White Strawberry Shortcake Biscuits** – Fluffy, fruity, and festive!

Each recipe is made with love, flour, and a little True North pride 🇨🇦

PLUS: Check out our newest blog post, “**Can the Food You Eat Help to Thwart a Sunburn?**”

Find out how **tomatoes, berries, dark chocolate, and more** can naturally support your skin this summer. Backed by science, written for everyday wellness!

#CanadaDayBaking #ButterTarts #MapleCookies #StrawberryShortcake
#RogersFoods #MadeWithRogers #SunSmartFoods #EatWellFeelWell
#CanadianClassics #SummerSkinCare #CelebrateCanadaDay
#BakingWithLove #TrueNorthTreats #ElbowsUp

CLASSIC CANADIAN BUTTER TARTS



PREP TIME: 30 minutes (includes chilling pastry dough)

COOK TIME: 20–25 minutes

TOTAL TIME: ~55 minutes

SERVINGS: Makes approximately 12 butter tarts

Flaky pastry shells filled with gooey maple-sweetened filling.

Ingredients (Pastry):

- 2 ½ cups **ROGERS FOODS ALL PURPOSE FLOUR**
- 1 tsp salt
- 1 cup cold, unsalted butter, cubed
- 6–8 tbsp ice water + 1 tsp vinegar

Filling:

- 1 cup brown sugar
- ½ cup maple syrup

- 2 eggs
- $\frac{1}{4}$ cup melted butter
- 1 tsp vanilla
- Optional: $\frac{1}{2}$ cup raisins or chopped pecans

Instructions:

1. In a large bowl, combine flour and salt. Cut in butter until coarse crumbs form.
2. Add ice water one tbsp at a time until the dough forms. Chill 30 min.
3. Roll out and cut into circles to fit a muffin tin.
4. Mix filling ingredients. Fill shells $\frac{3}{4}$ full.
5. Bake at 375°F for 20–25 minutes until set and golden.

MAPLE LEAF SUGAR COOKIES

Perfectly sweet, shaped like maple leaves, and decorated in red and white.

PREP TIME: 25–30 minutes (plus 1 hour chilling time)

COOK TIME: 8–10 minutes per batch

TOTAL TIME: ~1 hour 45 minutes

SERVINGS: Makes approx 24–30 cookies (depending on cutter size)

Ingredients

For the Dough:

- 2 $\frac{3}{4}$ cups **ROGERS FOODS ALL PURPOSE FLOUR**
- 1 tsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 cup unsalted butter, softened
- 1 cup sugar
- 1 egg
- 1 tsp vanilla
- Red and white icing or sanding sugar for decorating

Instructions

1. Cream butter and sugar. Add egg and vanilla.
2. Mix in flour, baking powder, and salt until dough forms.
3. Roll out and cut with a maple leaf cookie cutter.
4. Bake at 350°F for 8–10 minutes. Cool and decorate with patriotic flair!



RED AND WHITE STRAWBERRY SHORTCAKE BISCUITS

PREP TIME: 20-25 min

COOK TIME: 10-12 min

TOTAL TIME: ~37 min

NUMBER OF SERVINGS: 6

Fluffy biscuits layered with whipped cream and fresh Canadian strawberries.

Ingredients

- 2 cups **ROGERS FOODS ALL PURPOSE FLOUR**
- 1 tbsp baking powder
- 1 tbsp baking powder
- ½ tsp salt
- ½ cup cold butter, cubed
- ½ cup milk or buttermilk
- 1/4 cup sugar
- 1 egg



To Serve:

- 2 cups fresh strawberries, sliced
- 2 tbsp sugar
- Whipped cream

Instructions:

1. Preheat the oven to 400°F.
2. Mix flour, sugar, baking powder, and salt. Cut in butter until crumbly.
3. Beat the egg and milk together, then pour them into the flour mixture. Stir just until combined.
4. Drop by spoonfuls onto a baking sheet.
5. Bake at 400°F for 10-12 minutes. Cool slightly.
6. Layer with sugared strawberries and whipped cream for a festive red-and-white dessert



WELLNESS CORNER

- with Rogers Foods Registered Holistic Nutritionist Tammy-Lynn McNabb, RHNP

Can the Foods You Eat Help Thwart Sunburn? A Deep Dive into Edible Sun Protection

When the summer sun is shining bright, most of us instinctively reach for sunscreen, sunglasses, and wide-brimmed hats. And rightly so—these external defences are essential in protecting us from harmful ultraviolet (UV) rays. But there's another, often overlooked way to support your skin's resilience to the sun: **through your diet.**

Emerging research and nutrition science suggest that the foods we eat can offer a natural layer of protection from within. Specific nutrients and compounds found in fruits, vegetables, healthy fats, and even chocolate may help the skin combat inflammation, mitigate the effects of UV radiation, and recover more quickly from sun exposure. Think of it as building a “nutritional sunscreen” from the inside out.

This blog explores how nutrition can enhance your skin's defence mechanisms and outlines which foods are most effective for preventing and recovering from sunburn.



Understanding Sunburn and UV Damage

Before diving into what to eat, it's helpful to understand what a sunburn really is.

A **Sunburn** is an inflammatory response in the skin caused by overexposure to **ultraviolet (UV) radiation**, primarily **UVB rays**. This radiation penetrates the skin and damages DNA in your skin cells. The immune system reacts by increasing blood flow to the affected area—hence the redness, pain, and sometimes peeling.

Although sunscreen acts as a physical or chemical barrier to block or absorb UV rays, **your skin also has an internal defence system**—one that can be strengthened with the proper nutrients.



Lycopene-Rich Foods: Tomatoes, Watermelon & Pink Grapefruit

Lycopene is a **carotenoid antioxidant** found in red and pink fruits and vegetables, especially tomatoes. It's been widely studied for its role in skin health.

The Science:

- A 2001 study in the *Journal of Nutrition* found that participants who consumed tomato paste (rich in lycopene) daily for 10 weeks had **40% less sunburn** after UV exposure compared to those who didn't.
- Lycopene helps neutralize **free radicals** triggered by UV light, which damage skin cells and accelerate aging.

How to Get It:

- Cooked tomatoes (like in sauces or paste) contain more bioavailable lycopene than raw.
- Add tomato sauce to pasta or soups, or sip on a glass of low-sodium vegetable juice daily.



Beta-Carotene-Rich Vegetables: Carrots, Sweet Potatoes & Squash

Beta-carotene is another carotenoid antioxidant that converts into **vitamin A**, essential for healthy skin.

The Science:

- Regular consumption of beta-carotene (over 10 weeks) has been shown to provide **mild UV protection**.
- It helps promote **skin cell regeneration** and reduces inflammation caused by sunburn.

How to Get It:

- Roast sweet potatoes, make carrot soup, or add grated carrot to salads and smoothies.

Polyphenol Powerhouses: Berries, Grapes & Cherries

Berries are rich in **polyphenols**, particularly **anthocyanins** and **vitamin C**, both of which support collagen production and help combat inflammation.

The Science:

- Vitamin C is crucial for **collagen synthesis**, which helps maintain the skin's integrity and elasticity.
- Polyphenols help **repair DNA damage** and neutralize UV-induced oxidative stress.

How to Get It:

- Snack on fresh blueberries or raspberries.
- Add strawberries and cherries to yogurt, oatmeal, or make a smoothie.

Omega-3-Rich Foods: Fatty Fish, Walnuts & Flaxseed

Omega-3 fatty acids help **maintain the skin's lipid barrier**, reducing inflammation and promoting healing.

The Science:

- A 2005 study in *Carcinogenesis* showed that omega-3 fatty acids **reduce sunburn sensitivity** and suppress inflammatory responses to UV radiation.
- They may also protect against **skin cancer** caused by long-term sun exposure.

How to Get It:

- Enjoy grilled salmon or sardines 2–3 times a week.
- Sprinkle flaxseed or walnuts onto salads and cereals.

**Leafy Greens: Spinach, Kale, and Swiss Chard**

These greens are high in **lutein and zeaxanthin**, two powerful antioxidants that naturally **accumulate in the skin and eyes**.

The Science:

- These compounds help **filter harmful light wavelengths** and reduce damage from sunlight.
- Also rich in **chlorophyll**, which may further protect the skin from photoaging.

How to Get It:

- Add raw spinach to smoothies or salads.
- Lightly sauté kale with olive oil and garlic as a healthy side dish.

**Green Tea: EGCGs and Sun Protection**

Green tea contains **epigallocatechin gallate (EGCG)**, a potent catechin with **anti-inflammatory and photo-protective properties**.

The Science:

- A study published in *The Journal of Investigative Dermatology* found that green tea polyphenols **reduced DNA damage and inflammation** caused by UV radiation.
- Drinking green tea may also enhance the skin's **moisture retention**.

How to Get It:

- Enjoy 2–3 cups of freshly brewed green tea daily (unsweetened).
- For a summer twist, try it iced with a squeeze of lemon and a hint of mint.



Dark Chocolate: Yes, Really!

Dark chocolate is rich in **flavonoids**, which help improve **skin hydration, circulation, and UV resistance**.

The Science:

- A 2006 study found that women who consumed high-flavanols dark chocolate had **significantly lower UV sensitivity** and **improved skin texture** compared to those who ate low-flavanols chocolate.
- Flavanols may also enhance **blood flow to the skin**, thereby improving its appearance and enhancing the healing response.

How to Get It:

- Choose chocolate with **at least 70% cocoa content**.
- A few small squares per day is plenty — moderation is key.



Olive Oil: A Foundation of the Mediterranean Diet

Extra virgin olive oil is rich in **monounsaturated fats** and **polyphenols** that nourish and protect the skin from environmental stress.

The Science:

- A 2012 study published in *PLOS One* found that individuals who consumed higher amounts of olive oil exhibited **less skin aging and fewer UV-related signs of damage**.
- Its vitamin E content also aids in **skin repair and hydration**.

How to Get It:

- Drizzle over salads, roasted vegetables, or use in dressings.
- Avoid overheating it to preserve nutrients.



Bonus Foods for Skin Recovery

Oranges & Citrus (Vitamin C)

Great for healing and collagen support.

Eggs (Selenium & Protein)

Support tissue repair and immune response after sun exposure.

Yogurt (Probiotics)

Helps reduce skin inflammation and supports the gut-skin connection.



Food is Not a Replacement for Sunscreen

While these foods do provide some level of protection, it's crucial to understand that **they are not a replacement for sunscreen** or proper sun safety practices.

Think of these foods as **reinforcements**—they help your skin become stronger and more resilient, reduce the damage from UV rays, and speed up recovery if sunburn occurs. They're part of a **holistic approach** to skin health, especially valuable for those who spend a significant amount of time outdoors.



Quick Tips to “Eat Your Sunscreen”

1. **Start Early:** Many protective effects build up over time. Start including these foods in your diet well before peak sun season.
2. **Stay Hydrated:** Dehydrated skin burns more easily. Drink plenty of water along with your sun-smart foods.
3. **Combine Forces:** Pair antioxidant-rich foods with healthy fats (like olive oil or avocado) to enhance absorption.
4. **Don't Skip SPF:** Always apply broad-spectrum sunscreen (SPF 30+) 20 minutes before sun exposure.

Sample Daily Meal Plan for Skin-Safe Summer Days

Breakfast

- Smoothie with spinach, banana, strawberries, flaxseed, and green tea
- A bowl of Rogers Foods Ancient Grain or Healthy Grain Blend Porridge Oats

- Scrambled eggs with olive oil and tomato slices

Lunch

- Grilled salmon salad with kale, carrots, and citrus vinaigrette
- Whole grain bread with avocado and flaxseed

Snack

- A small piece of 70% dark chocolate and a cup of green tea

Dinner

- Roasted sweet potato and grilled chicken
- Steamed broccoli and sautéed Swiss chard
- A glass of watermelon juice or tomato juice

Final Thoughts: Food as Skin's Silent Defender

The sun provides us with warmth, joy, and vitamin D, but it also poses a challenge to our skin's health. By combining smart sun habits with a nutrient-rich, antioxidant-packed diet, you can give your body an extra edge in maintaining glowing, healthy skin all summer long.

So go ahead—eat your colours, sip your green tea, enjoy that chocolate square, and fuel your skin from within. Your summer self will thank you!

Have You Tried any of Our Blended Cereals? Rogers Ancient Grain Blend and Healthy Grain Blend Porridge Oats

A hearty blend featuring **flaxseed** among a mix of ancient grains like rye, barley, spelt, millet, quinoa, and kamut. It delivers a fibre-rich, nutrient-dense start to the day.



Quick Comparison:

Product Name	Flaxseed	Key Ingredients	Highlights
Healthy Grain Blend		Oats, wheat bran, oat bran	High fibre, great as cereal or in baking
Ancient Grain Blend		Oats, rye, barley, spelt, kamut, millet, quinoa	Ancient grains, multi-nutrient, high fibre

References


1. Stahl, W., & Sies, H. (2001). Dietary tomato paste protects against UV-induced erythema in humans. *British Journal of Dermatology*. <https://academic.oup.com/ajcn/article/85/3/866/4633041>
2. Krutmann, J., & Heinrich, U. (2001). Carotenoids and photoprotection. *Journal of Nutrition*, 131(5), 1449S–1451S. <https://pubmed.ncbi.nlm.nih.gov/11340184/>
3. Rhodes, L. E., Darby, G., Richards, J., & Friedmann, P. S. (2005). Dietary fish oil reduces basal and ultraviolet B-generated PGE2 levels in human skin. *Carcinogenesis*, 26(9), 1627–1633. <https://pubmed.ncbi.nlm.nih.gov/15705603/>
4. Katiyar, S. K., & Elmet, C. A. (2001). Green tea polyphenolic antioxidants and skin photoprotection. *Journal of Investigative Dermatology*, 116(3), 579–583. <https://pubmed.ncbi.nlm.nih.gov/10844513/>
5. Heinrich, U., Moore, C. E., De Spirt, S., Tronnier, H., & Stahl, W. (2006). Consumption of flavanol-rich cocoa acutely increases dermal blood flow and oxygen saturation. *Journal of Nutrition*, 136(6), 1565–1569. <https://academic.oup.com/jn/article/136/6/1565/4663885>
6. Lademann, J., & Darvin, M. E. (2014). The role of carotenoids in human skin. *Skin Pharmacology and Physiology*, 27(6), 297–303. <https://pubmed.ncbi.nlm.nih.gov/24810044/>
7. Oregon State University. (n.d.). Vitamin C. *Linus Pauling Institute Micronutrient Information Center*. <https://lpi.oregonstate.edu/mic/vitamins/vitamin-C>
8. Latreille, J., Kesse-Guyot, E., Malvy, D., & Galan, P. (2012). Dietary intakes and skin photoaging: a cross-sectional study. *PLOS ONE*, 7(6), e36334. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0036334>
9. Harvard Health Publishing. (n.d.). Nutrition and your skin. *Harvard Medical School*. <https://www.health.harvard.edu/staying-healthy/nutrition-and-your-skin>
10. American Academy of Dermatology Association. (n.d.). Foods and your skin. <https://www.aad.org/public/everyday-care/nutrition/nutrition-basics/foods-skin>



Rogers Foods is Hiring!

We're seeking motivated and skilled individuals to join our growing team. Current full-time opportunities are available at our Chilliwack and Spallumcheen locations, including:

- QC Lab Technician – Chilliwack
- Miller's Assistant – Spallumcheen
- Warehouseman/Woman – Bulk Loading – Spallumcheen
- Maintenance Manager – Rogers Foods Ltd., Chilliwack Division

 Click [HERE](#) to learn more and apply.

Be part of a company that values tradition, quality, and community.