



ROGERS FOODS NEWSLETTER

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Recipes of the Month

HEALTHY WHOLE WHEAT PANCAKE RECIPE

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CHEDDAR & HERB SAVOURY GALETTE RECIPE

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MINI CHEESY EGG MUFFIN CUP RECIPE

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WORLD EMPLOYEE WELLNESS MONTH - A GUIDE TO HEALTH IN THE WORKPLACE

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JUNE IS FATHER'S DAY AND EMPLOYEE WELLNESS MONTH! 💕💕

June is Father's Day and World Employee Wellness Month!

We're celebrating workplace health with expert tips from our in-house Holistic Nutritionist, and highlighting Father's Day with three nutritious & family-friendly recipes:

Healthy Whole Wheat Pancakes with Walnuts & Berries – Fluffy, fibre-rich, and full of heart-healthy fats.

Cheddar & Herb Savoury Galette with Roasted Veggies – A rustic, crowd-pleasing dish perfect for brunch.

Mini Cheesy Egg Muffin Cups – Easy enough for kids to make and perfect for breakfast-in-bed for Dad!

Plus, explore our wellness corner special feature: "Celebrating Employee Wellness Month: A Guide to Health in the Workplace and the Power of HEALTHY Grains."

Let's eat well, feel great, and thrive — together.

#EmployeeWellness #FathersDayRecipes
#WholeGrainWellness #WorkplaceHealth
#TammyLynnMcNabb #HealthyLiving #WellnessMonth

HEALTHY WHOLE WHEAT PANCAKES WITH BERRIES & WALNUTS

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

SERVINGS: 4 (Makes about 8 medium pancakes)

Whip up these whole-wheat pancakes topped with berries, walnuts, and love. They're fluffy, flavourful, and perfect for a homemade Father's Day breakfast. Tip: Use heart-shaped moulds!

Ingredients:

- 1 cup **ROGERS FOODS WHOLE WHEAT FLOUR**
- 1 tbsp baking powder
- ½ tsp cinnamon
- ¼ tsp salt
- 1 cup milk (dairy or plant-based)
- 1 large egg
- 1 tbsp honey or maple syrup
- 1 tsp vanilla extract
- 2 tbsp melted butter or oil
- ½ cup chopped walnuts
- Fresh berries (strawberries, blueberries)
- Maple syrup, for drizzling

Instructions:

1. In a large bowl, whisk together the flour, baking powder, cinnamon, and salt.
2. In a separate bowl, beat the egg and mix in the milk, honey, vanilla, and melted butter.
3. Combine wet and dry ingredients until just mixed. Don't over-stir.
4. Heat a lightly greased non-stick skillet over medium heat.
5. Pour batter to form pancakes. Cook until bubbles form, then flip and cook until golden brown.
6. Plate with fresh berries and chopped walnuts. Drizzle with maple syrup and serve with love.



CHEDDAR & HERB SAVOURY GALETTE WITH ROASTED VEGGIES

This Cheddar & Herb Galette is packed with roasted veggies, sharp cheddar, and flaky, golden crust — rustic comfort food done right. Dad's going to want seconds (and thirds).

PREP TIME: 25 MINUTES + DOUGH CHILL TIME: 30 MINUTES

COOK TIME: 40 MINUTES

SERVINGS: 4-6

Ingredients

For the Dough:

- 1 ¼ cups **ROGERS FOODS ALL PURPOSE FLOUR**
- ½ tsp salt
- ½ cup cold unsalted butter, cubed
- 4–5 tbsp cold water

For the Filling:

- 1 cup grated sharp cheddar cheese
- ½ cup ricotta or cream cheese
- 1 zucchini, thinly sliced
- 1 red bell pepper, sliced
- ½ red onion, thinly sliced
- 2 tbsp olive oil
- 1 tsp fresh thyme or rosemary
- Salt & pepper to taste
- 1 egg (for egg wash)



Instructions

1. Make the Dough:

Combine flour and salt. Cut in butter until mixture resembles coarse crumbs. Add water gradually until the dough forms. Shape into a disk, wrap, and chill for 30 minutes.

2. Roast the Veggies:

Toss zucchini, peppers, and onion in olive oil, herbs, salt, and pepper. Roast at 400°F (200°C) for 20 minutes.

3. Preheat oven to 375°F (190°C).

Roll out chilled dough on parchment into a 12" circle.

4. Assemble the Galette:

Spread ricotta or cream cheese in the center, leaving a 2" border. Sprinkle with cheddar. Add roasted veggies on top.

5. Fold edges of the dough inward, overlapping slightly. Brush crust with beaten egg.

6. Bake for 35–40 minutes until golden brown. Cool slightly before slicing.

Optional Add-ons:

- Add bacon or crumbled sausage for extra heartiness.
- Serve with a fresh arugula salad and a glass of iced tea or cold beer.

MINI CHEESY EGG MUFFIN CUPS

PREP TIME: 10 min

COOK TIME: 15-18 min

NUMBER OF SERVINGS: 6

Easy, fluffy breakfast muffins that kids can make for Dad, turning muffin cups into something a bit more hearty and resembling mini quiches with a soft, bread-like texture.

Ingredients

- 4 eggs
- ¼ cup milk
- ¼ cup **ROGERS FOODS ALL PURPOSE FLOUR**
- ⅓ cup shredded cheddar cheese
- ¼ cup diced cooked ham or turkey (optional)
- ¼ cup finely chopped bell peppers or spinach
- ½ tsp baking powder
- Salt & pepper to taste
- Muffin tin + paper liners or non-stick spray

Instructions

1. **Preheat oven** to 375°F (190°C). Line a muffin tin or spray it with oil.
2. In a large bowl, **whisk eggs and milk** until smooth.
3. Add flour and baking powder. Mix until there are no lumps.
4. Stir in cheese, chopped veggies, and ham (if using). Season lightly.
5. **Pour mixture into muffin cups**, filling about ¾ of each.



6. **Bake for 15–18 minutes**, until puffed and golden.
7. Let cool a few minutes. Serve warm with a big hug for Dad!

Drink Pairing: Fresh Orange Apple Fizz

Ingredients:

- ½ cup orange juice (fresh or store-bought)
- ½ cup apple juice
- ¼ cup sparkling water (or lemon-lime soda for a sweeter option)
- Ice cubes
- Orange or apple slice for garnish (optional)

Instructions:

1. In a cup, mix orange juice and apple juice.
2. Add sparkling water and gently stir.
3. Drop in some ice and garnish with a slice of fruit.
4. Serve cold with a “Happy Father’s Day!” smile





WELLNESS CORNER

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

CELEBRATING EMPLOYEE WELLNESS MONTH: A GUIDE TO WELLNESS IN THE WORKPLACE AND THE POWER OF HEALTHY GRAINS

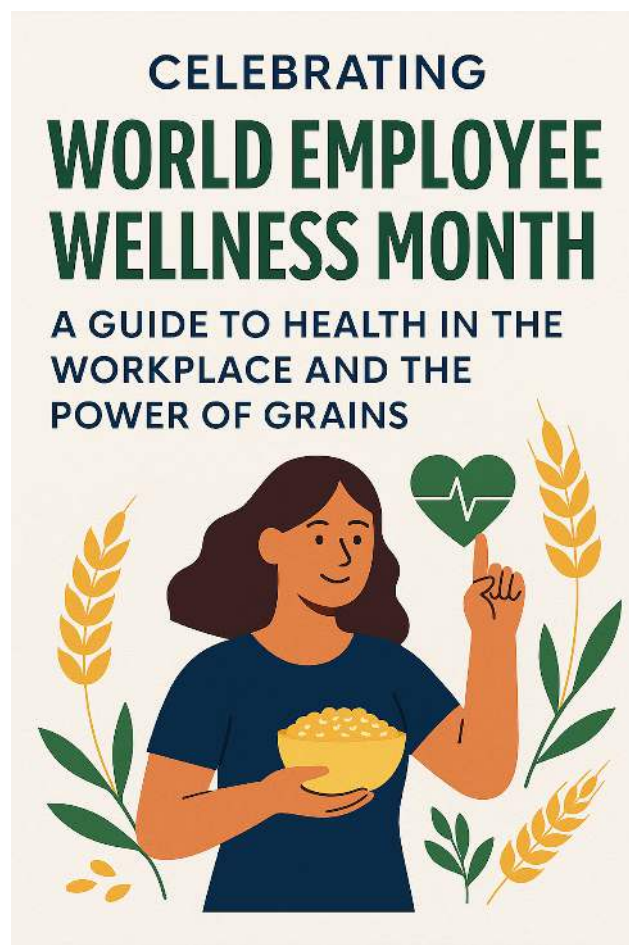
Welcome to June – World Employee Wellness Month!

Every June, organizations worldwide celebrate **World Employee Wellness Month**, an initiative dedicated to highlighting the importance of health and well-being in the workplace. As today's workforce evolves, employee wellness is no longer a luxury—it's a necessity. From mental health to nutrition and physical vitality, wellness is now recognized as a key driver of business performance and employee satisfaction.

Not All Organizations Are Aware—But That's Changing

Although June is officially recognized as Employee Wellness Month, not every organization is familiar with it. As a relatively new and evolving area of focus, many companies are just beginning to understand how structured wellness programs can improve morale, productivity, and retention.

Human Resource professionals are leading this change, increasingly integrating wellness into their overall people strategies. They're learning that supporting mental and physical health, along with providing nutritional education, isn't just a nice-to-have—it's a strategic investment in the health of their people and the success of their business.



1. What Is World Employee Wellness Month?

Observed annually in June, World Employee Wellness Month serves as a global call to action for prioritizing workforce health. Driven by health organizations, wellness providers, and HR leaders, the month is filled with resources, activities, and events focused on:

- Mental health
- Physical fitness
- Emotional well-being

Whether it's hosting a company-wide fitness challenge, offering free nutrition coaching, or introducing walking meetings, the message remains the same: **wellness matters**.

2. Why Workplace Wellness Matters More Than Ever

The average adult spends more than one-third of their life at work. When that environment supports well-being, the effects are far-reaching:

- Increased productivity
- Lower absenteeism and presenteeism
- Higher job satisfaction and morale
- Reduced healthcare costs
- Stronger employee retention

According to the **World Health Organization**, every \$1 invested in employee wellness yields a \$4 return in improved health and productivity.

The COVID-19 pandemic further emphasized the need for integrated wellness strategies. Healthy employees are more resilient, creative, and engaged—qualities every company needs to thrive.

3. The Dimensions of Workplace Wellness

Wellness is multifaceted, affecting every aspect of an employee's life. Holistic wellness programs address:

- **Physical Wellness:** Exercise, nutrition, and sleep
- **Mental Wellness:** Stress management, mindfulness, and therapy support

- **Emotional Wellness:** Connection, empathy, and inclusion
- **Financial Wellness:** Debt management, financial literacy, and planning
- **Occupational Wellness:** Career growth, purpose, and work-life balance

4. Employee-Driven Wellness Initiatives Are Leading the Way

Grassroots wellness efforts—led by employees themselves—are shaping more inclusive and healthier workplaces. These initiatives build accountability, engagement, and a shared sense of purpose. Here are a few inspiring examples:

- **Wellness-focused ERGs (Employee Resource Groups)**
ERGs are evolving to include health-focused teams that organize meditation sessions, fitness activities, and health education.
- **Peer-Led Mental Health Support**
Buddy systems, mental health first aid training, and peer circles promote openness and immediate support networks.
- **Wellness Challenges and Activity Groups**
Step competitions, hydration challenges, and group fitness apps help create friendly competition and boost morale.
- **Employee-Advocated Flexible Work Arrangements**
If it makes sense within the organization, flexible schedules and remote options are being championed by employees and proven to reduce stress and improve satisfaction.
- **Pet-Friendly Workplaces**
In some organizations, employees have introduced policies that allow pets in the office, helping reduce stress and increase happiness. One tech startup even appointed a golden retriever as its “Chief Happiness Officer.”

These grassroots movements demonstrate that wellness doesn’t always need to come from the top. When employees take the lead, the entire culture can successfully shift.

5. Nutrition in the Workplace: Small Changes, Big Results

Nutrition is a powerful foundation for wellness. It impacts:

- Energy levels
- Focus and concentration
- Immune function

- Mood and motivation

Poor dietary habits can lead to fatigue, low morale, and increased sick days—while a nutrient-rich diet supports resilience and productivity.

6. The Power of Grains in a Healthy Diet

Whole grains are nutritional powerhouses. Packed with fibre, complex carbs, vitamins, and minerals, they provide sustained energy and support long-term health.

Whole grains include: oats, brown rice, quinoa, barley, and whole wheat

Refined grains include: white bread, white rice, and other processed grains (with much lower nutritional value)

Benefits of whole grains:

- Reduced risk of heart disease and type 2 diabetes
- Lower cholesterol
- Improved digestion and gut health
- Better weight management
- Enhanced cognitive function at work and home

7. Easy, Grain-Based Meal Ideas for Employees

Encouraging healthy eating at work doesn't have to be complicated. Share these simple meal ideas with your team:

- **Breakfast:** Overnight oats, whole grain toast with avocado, or oat milk smoothies
- **Lunch:** Grain bowls with quinoa, beans, and roasted veggies
- **Snacks:** Popcorn, granola bars, or trail mix
- **Dinner:** Brown rice stir-fry or a barley risotto

Tip: Promote team batch cooking and meal prep to save time and money during the week.

8. Celebrate Cultural Diversity Through Grains

Whole grains are deeply rooted in global food traditions:

- **Africa:** Teff, millet, sorghum
- **Asia:** Brown rice, buckwheat noodles
- **Middle East:** Bulgur, farro, whole wheat flatbreads
- **South America:** Quinoa, amaranth

By embracing these cultural staples, companies can celebrate diversity while introducing employees to new, nutrient-rich foods.

My Final Thoughts: A Culture of Wellness Starts with Food

June's **World Employee Wellness Month** is a perfect opportunity to reimagine workplace wellness—and nutrition is a smart place to start.

From healthier potlucks to better snack options and education about whole grains, small actions can lead to significant results. Investing in workplace nutrition lays the groundwork for:

- Energized teams
- Lower health claims
- Greater morale
- A more connected and productive culture

Let's work together to create healthier workplaces—starting one idea at a time.

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- Warehouseman/Woman – Bulk Loading – Spallumcheen
- Maintenance Manager – Rogers Foods Ltd., Chilliwack Division

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