



ROGERS FOODS NEWSLETTER

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Recipes of the Month

Chai Latte Cupcakes with
Caramel Brûlée Frosting
Recipe

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Pumpkin Spice Cinnamon
Roll Recipe

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Apple Pie Brioche
Doughnut Recipe

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FALL RESET BLOG:
Cleansing Your Body with
Seasonal Grains & Fibre!

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OCTOBER NEWS FROM ROGERS FOODS

October is here, and we have many exciting updates to share! Check out our October Healthy Living Blog, written by our in-house Holistic Nutritionist, Tammy-Lynn McNabb, RHNP. This month, Tammy-Lynn offers her expert tips on a *Fall Reset*, focusing on seasonal grains, fibre, and wholesome foods to help you recharge before the holiday season.



Delicious Fall Recipes

Warm up your kitchen with *three NEW fall-inspired recipes*:

- Chai Latte Cupcakes with Caramel Brûlée Frosting
- Apple Pie Doughnuts
- Pumpkin Spice Cinnamon Rolls

All perfect for cozy autumn gatherings!

NEW Rogers Organic Flour!

We're thrilled to announce the launch of our NEW Organic Flour, now available at Save-On-Foods and partnering stores.

CONTEST ALERT: To celebrate, we're giving away **\$20 gift cards** to the **first 25 people** who show proof of purchase of our new organic flour. *Contest begins October 1st—don't miss out!*

We're Hiring! Join the Rogers Foods family! Exciting career opportunities are now available. Visit our website to learn more about how you can grow with us.



Thank You, Volunteers! A HUGE thank-you to our amazing employees who volunteered at the **Vedder River Cleanup**. Your dedication helps keep our community beautiful and thriving. Stay connected with us for more updates, recipes, and giveaways!

#RogersFoods #HealthyLiving #FallRecipes #OrganicFlour

CHAI LATTE CUPCAKES WITH CARAMEL BRÛLÉE FROSTING

Warm, spicy, and irresistibly sweet, these Chai Latte Cupcakes are the ultimate fall treat. Infused with aromatic chai spices and topped with a decadent Caramel Brûlée Frosting, each bite captures the essence of a cozy autumn afternoon. Perfect for Thanksgiving gatherings, weekend baking, or simply pairing with your favourite cup of tea or coffee, these cupcakes will fill your kitchen with the comforting flavours of fall.

Serves: 24

Prep Time: 45 minutes

Cook Time: 25 minutes

Total Time: 70 minutes

INGREDIENTS

Chai Spice

- 4 tsp ground cinnamon
- 2 tsp ground ginger
- 1 tsp ground cardamom
- ½ tsp freshly grated nutmeg
- ½ tsp allspice
- ½ tsp ground cloves
- ⅛ tsp ground black pepper

Cupcakes

- 1 cup milk
- 2 bags chai tea
- 2 sticks salted butter, at room temperature
- 1¼ cups granulated sugar
- 1 tbsp vanilla extract
- 3 large eggs, at room temperature
- ½ cup sour cream or Greek yogurt
- 2½ cups **Rogers Foods All Purpose Flour** or **Rogers Foods Unbleached Flour**
- 1½ tsp baking powder



- ¼ tsp baking soda
- ½ tsp kosher salt
- 3 tsp chai spice blend (from above)

Caramel Brûlée Frosting

- 2 sticks salted butter, at room temperature (divided)
- 1 cup packed dark brown sugar
- ½ cup heavy cream
- 2–3 cups powdered sugar
- 1 tbsp vanilla extract
- 1–2 tsp chai spice blend (from above)
- Pinch of salt

INSTRUCTIONS

1. **Make the chai spice blend:** In a small bowl, combine cinnamon, ginger, cardamom, nutmeg, allspice, cloves, and pepper. Reserve for cupcake batter and frosting.
2. **Infuse the milk:** In a small pot, bring milk to a boil. Remove from heat, add chai tea bags, cover, and steep for 10 minutes. Discard tea bags.
3. **Make the cupcake batter:**
 - Preheat oven to 350°F (175°C). Line 24 cupcake tins with paper liners.
 - In a large bowl, beat butter and sugar until light and fluffy. Add vanilla and sour cream; beat until smooth.
 - Beat in eggs one at a time until fully combined.
 - Add Rogers All-Purpose Flour, baking powder, baking soda, salt, and 3 tsp of chai spice mix. Stream in chai-infused milk while mixing on low speed until just combined.
4. **Bake:** Divide batter evenly among cupcake liners. Bake 22–25 minutes, until tops are set and a toothpick inserted comes out clean. Remove and cool completely.
5. **Make the frosting:**
 - In a saucepan, melt 1 stick of butter with brown sugar and cream. Bring to a boil and cook 2 minutes, until sugar dissolves. Stir in a pinch of salt.
 - Transfer mixture to a mixing bowl. Chill in the freezer for 15 minutes (or in the fridge for longer) until cool.
 - Add the remaining 1 stick of butter, vanilla, powdered sugar, and 1–2 tsp chai spice. Beat until fluffy and smooth, adding more powdered sugar as needed to achieve the desired consistency.
6. **Frost & serve:** Spread frosting generously over cooled cupcakes. Sprinkle with caramel brûlée topping (optional) and garnish with cinnamon sticks if desired.

PUMPKIN SPICE CINNAMON ROLLS

Soft, fluffy, and swirled with the irresistible flavours of fall, these Pumpkin Spice Cinnamon Rolls are a must-bake for autumn mornings. Made with real pumpkin purée and fragrant pumpkin pie spices, they bring a cozy, homemade touch to your breakfast table. Drizzled with a luscious cream cheese glaze, these rolls are perfect for weekend brunch, holiday gatherings, or anytime you need a little seasonal sweetness. Pair with a hot cup of coffee or tea for the ultimate fall treat.

Prep Time: 20 minutes

Cook Time: 20 minutes

Rising Time: 1 hour 30 minutes

Total Time: 2 hours 10 minutes

INGREDIENTS

Dough

- 2¼ tsp active dry yeast
- ½ cup milk, lukewarm (about 110°F/45°C)
- ½ cup granulated sugar
- ½ cup pumpkin purée (canned or fresh)
- 2 large eggs
- 1 tsp vanilla extract
- 3¾ cups Rogers **Foods Organic All Purpose Flour** or **Rogers Foods All Purpose**

Flour

- 1 tsp salt
- ⅓ cup unsalted butter, softened

Filling

- ½ cup unsalted butter, softened



- 3 tbsp pumpkin purée
- 1 cup brown sugar, packed
- 1½ tbsp ground cinnamon
- 1 tbsp pumpkin pie spice

Cream Cheese Icing

- 4 oz cream cheese, softened
- 2 tbsp unsalted butter, softened
- 1 cup icing sugar
- 1 tbsp milk
- ½ tsp pumpkin pie spice
- ½ tsp vanilla extract

INSTRUCTIONS

Make the Dough

1. In a medium bowl, whisk together yeast, warm milk, and 1 tbsp of the sugar. Let sit for 5–10 minutes, until foamy.
2. Whisk pumpkin purée, eggs, and vanilla into the yeast mixture.
3. In the bowl of a stand mixer, stir together Rogers Foods All Purpose Flour or Rogers Foods Organic All Purpose Flour, salt, and remaining sugar. Add yeast mixture and softened butter.
4. Using the dough hook, mix on medium-low until a shaggy dough forms. Increase the speed to medium-high and knead for 5–10 minutes, until the dough is soft and elastic. The dough should be slightly sticky but not so much that it pulls away from the sides of the bowl.
 - If too sticky: add 1 tbsp flour at a time until manageable.
 - If too dry: add a splash of milk until smooth.
5. Transfer dough to a lightly greased bowl, spray top lightly with cooking spray, cover, and let rise 1–2 hours, or until doubled.
6. Punch down dough, transfer to a lightly floured surface, and roll into a rectangle about 12 × 16 inches.

Make the Filling

1. Beat butter and pumpkin purée together until smooth. Spread evenly over the dough.
2. Mix brown sugar, cinnamon, and pumpkin pie spice. Sprinkle evenly over the butter layer, right to the edges. Reserve any excess that falls off.
3. Starting from the edge closest to you, tightly roll the dough into a log. Pinch seam to seal.
4. Mark 12 equal slices using a knife or dental floss. Cut cleanly through each mark.

5. Butter a 9×13-inch baking dish and sprinkle with any extra cinnamon sugar. Arrange the rolls inside, cover, and let them rise for 20–30 minutes while the oven preheats to 350°F (175°C).

Bake & Ice

1. Bake rolls 18–22 minutes, until golden brown.
2. Beat cream cheese, butter, icing sugar, milk, pumpkin pie spice, and vanilla until smooth.
3. Spread icing over warm (not hot) rolls. Slice and serve.

APPLE PIE BRIOCHE DOUGHNUTS

Bring the comforting flavours of autumn to your kitchen with these Apple Pie Brioche Doughnuts. Made with a rich, buttery brioche dough and filled with warm, spiced apple pie filling, these doughnuts are the perfect balance of soft, fluffy, and decadently sweet. Each bite captures the essence of a classic apple pie wrapped in a golden, pillowy pastry. Whether served at a fall brunch, family gathering, or as a special weekend treat, these doughnuts are sure to become an instant favourite.

Prep Time: 30 minutes

Cook Time: 30 minutes

Yield: 14

INGREDIENTS

For the Brioche Dough:

- 250 g milk, lukewarm
- 50 g granulated sugar
- 2¼ teaspoon active dry yeast
- 2 large eggs, room temperature
- 1 teaspoon vanilla bean paste
- 1 teaspoon fine sea salt
- 565 g **Rogers Foods Unbleached Bread Flour**
- 100 g unsalted butter diced and softened



For the Pastry Cream:

- 110 g granulated sugar
- 35 g cornstarch
- 132 g egg yolks
- 550 g whole milk
- 30 g unsalted butter

For the Apple Pie Filling:

- 45 g unsalted butter
- 560 g apples peeled, cored, and diced into small pieces
- 150 g dark brown sugar
- 1 teaspoon vanilla extract
- ½ teaspoon fine sea salt
- 1½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 50 g granulated sugar
- 15 g cornstarch

For Cooking the Apple Pie Doughnuts:

- canola oil for frying
- granulated sugar for rolling

INSTRUCTIONS**To Make the Brioche Doughnuts:**

- In the bowl of a stand mixer or in a large mixing bowl, mix together the milk, yeast, and 2 tablespoons (25 grams) of the granulated sugar. Add the remaining sugar, eggs, **Rogers Foods Unbleached Bread Flour**, salt, and vanilla bean paste and mix until the ingredients are just barely combined.
- Using the hook attachment, beat on medium speed for about 5 minutes until a soft dough forms. With the mixer running slowly, add in the butter, a piece or two at a time, working it into the dough, then knead for a further 10–15 minutes until the dough is smooth and elastic and pulling away from the sides of the bowl. *If you do not have a stand-mixer with a hook attachment, knead the dough by hand in this step.*
- Tip the dough into a large, lightly greased bowl, cover with clingfilm and allow to rise until doubled in size, about 60-90 minutes. Alternatively, you can refrigerate the dough and allow it to rise overnight (The dough is much easier to handle when thoroughly chilled.)

To Make the Pastry Cream Filling:

- Whisk together the sugar and corn starch in a bowl. Add the egg yolks and whisk well to combine. Set aside.
- In a medium saucepan, heat the milk and vanilla paste over medium-low heat until there are tiny bubbles beginning to form just around the edges of the milk - do not bring it to a boil.
- Remove the milk from the heat. While whisking the egg yolk, sugar, and cornstarch mixture constantly, add in half of the milk mixture to temper the egg yolks. Whisk briskly for 30 seconds. Transfer the milk and egg yolk mixture back to the saucepan, and return to a medium heat. Whisk constantly until very thick.
- Remove from the heat and whisk in the butter, mixing well until totally combined. Allow the pastry cream to stand for 5-10 minutes, whisking occasionally. Transfer to an airtight container and allow to cool completely.

To Make the Apple Pie Filling:

- In a large nonstick skillet or saucepan, add the butter, apples, brown sugar, cinnamon, nutmeg, and salt and stir until evenly coated. Cook over medium-high heat until the apples begin to soften.
- Whisk together the granulated sugar and cornstarch, and add to the apple mixture. Allow to cook and thicken, about 2-3 minutes. Once thickened, transfer the apple pie filling to an airtight container and chill.

Frying and Assembly:

- **Shape the doughnuts:** Turn the dough out onto a well-floured surface. Weigh the dough, and divide into 14 equal weight portions; each piece of dough should weigh about 75g. Roll each portion into a tight ball and then slightly flatten the ball into a disc shape. Place the doughnuts on a baking sheet lined with parchment paper, leaving an adequate space between each one, then cover with plastic wrap. (You will need two baking sheets.)
- Allow the doughnuts to proof for 20 minutes (this will take longer if your dough is cold but just check after 20 minutes to see how they are doing). When you poke them lightly with your finger, it should leave a small indentation.
- While the doughnuts are proofing, heat the canola oil to 350°F (180°C) in a deep fryer or a large heavy-bottomed pot (cast iron works great). Line a baking sheet with a double layer of paper towels for draining the doughnuts. Place some granulated sugar in a small bowl and set aside.
- **Fry the doughnuts:** Once the oil has come to temperature, gently lower the doughnuts (no more than 2-3 at a time) into the hot oil. Fry until golden brown on the underside, 2 to 3 minutes. Carefully turn the doughnuts over and fry for an additional 2 to 3 minutes, or until the other side is golden brown as well. Using a

slotted spoon, remove the doughnuts to the paper towel-lined baking sheet to remove any excess oil, and then transfer to a cooling rack. Repeat the process with the rest of the doughnuts.

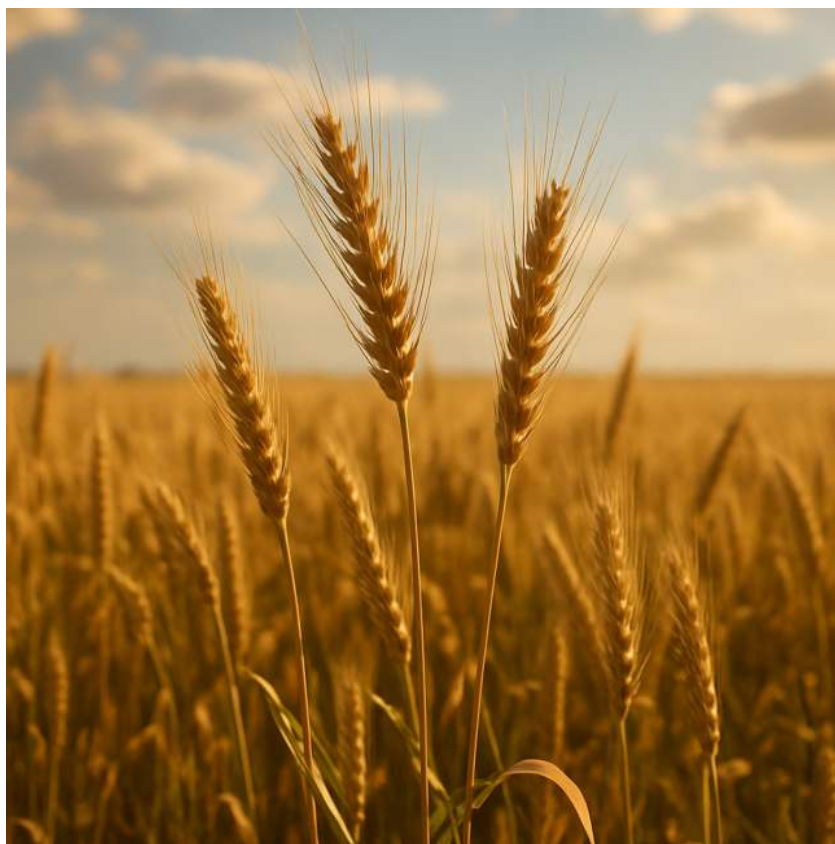
- As soon as the doughnuts are cool enough to handle, toss them in the sugar one at a time to evenly coat them. Return the doughnuts to the cooling rack and allow to cool completely, about 30 minutes. In the meantime, transfer the cooled pastry cream and apple pie fillings to their own piping bags.
- Poke a hole in the side of each doughnut and fill with the apple pie filling. Then fill with the pastry cream. The doughnuts should be served as soon as they are filled. They are best the same day they are made.



WELLNESS CORNER

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

FALL RESET: CLEANSING YOUR BODY WITH SEASONAL GRAINS AND FIBRE



October is a season of transition. The days grow shorter, the air turns crisp, and vibrant leaves paint the landscape in rich shades of red, orange, and gold. It's also the time of year when we begin to shift our focus inward, nourishing our bodies and preparing for the colder months ahead.

With Thanksgiving feasts, Halloween treats, and the winter holidays right around the corner, October offers the perfect opportunity for a “fall reset.” This is an opportunity to gently cleanse your system, rebalance your digestion, and prepare yourself for a healthy, mindful season before the indulgences begin.

One of the most effective and natural ways to do this is by focusing on seasonal whole grains and fibre-rich foods. Not only do

these foods support your body's natural detoxification processes, but they also provide comfort, warmth, and sustained energy during autumn's cooler days.

In this article, we'll explore why October is the ideal time to reset, how fibre supports cleansing and overall health, the best seasonal grains to include, and how to kick-start your wellness journey with a **7-day High-Fibre Fall Challenge** featuring **Rogers Foods products**.

Why October Is the Perfect Time for a Dietary Reset

Just as the natural world goes through cycles, our bodies also experience shifts throughout the year. In many traditional healing practices, autumn is seen as a time of preparation and reflection. It's the season for clearing out the old, physically and mentally, to make space for renewal.

Here's why October is an especially powerful time to focus on whole grains and fibre:

1. Eating with the Harvest

October is the peak harvest season for many nutrient-dense, fibre-rich foods, including:

- **Whole grains** like oats, rye, and barley.
- **Seasonal produce** such as squash, pumpkin, apples, pears, carrots, and beets.



Eating seasonally isn't just eco-friendly; it also ensures you're getting foods that naturally align with your body's needs. These autumn ingredients are grounding, warming, and packed with vitamins and minerals to help you transition smoothly into winter.

Tip: Try Rogers Ancient Grain Blend Porridge Oats, which combines hearty whole grains like rye, barley, oats, and spelt. It's perfect for a warming fall breakfast or as the base for a nourishing grain bowl.

2. Preparing for the Holiday Season

From Halloween candy to Thanksgiving desserts, it's no secret that the next few months are filled with indulgent meals and sweet treats.

A fall reset helps you:

- Strengthen digestion before heavier meals arrive.
- Stabilize blood sugar to reduce cravings.

- Build consistent habits so you're less likely to overindulge later.

By starting now, you'll head into the holidays feeling energized, balanced, and in control.

3. Boosting Immunity

Colder weather brings cold and flu season. Your gut health plays a critical role in immune function, and fibre—especially prebiotic fibre which feeds the beneficial bacteria in your stomach's microbiome.

Adding foods like **Rogers Wheat Bran, Wheat Germ and Rogers Oat Bran**, and seasonal produce helps to support digestion and fortify your immune system naturally.

How Fibre Cleanses and Resets the Body

When many people hear the word “cleanse,” they think of extreme juice fasts or detox teas. However, your body already has a highly effective detoxification system, consisting of the **liver, kidneys, and digestive tract**. The key is giving these systems the nutrients they need to function optimally.

That's where fibre comes in.

The Cleansing Power of Fibre

Fibre works in several important ways to cleanse and reset your body:

1. Acts Like a Natural Broom

Insoluble fibre sweeps through your digestive system, helping move waste and toxins out of the body efficiently.

- Try adding **Rogers Wheat Bran** to smoothies, muffins, or homemade granola for an extra boost.

2. Supports Gut Health

Soluble fibre acts as a prebiotic, feeding the good bacteria in your gut. A healthy microbiome improves digestion, boosts immunity, and can even enhance mood.

3. Balances Blood Sugar

Fibre slows the absorption of sugars, preventing energy crashes and reducing cravings, especially important as Halloween approaches!

4. Promotes Satiety

High-fibre foods keep you feeling full longer, making it easier to maintain healthy eating habits.

How Much Fibre Do You Need?

According to **Health Canada**, adults should aim for:

- **25 grams per day for women**
- **38 grams per day for men**

However, most Canadians only consume about **15 grams daily**, leaving a significant gap.

By incorporating products like **Rogers Large Flake Oats**, **Wheat Germ**, **Wheat Bran**, **Oat Bran** and **Rogers Healthy Grain Blend Porridge Oats**, and plenty of fall produce, you can easily meet and even exceed these targets.

Top Seasonal Grains for Your Fall Reset

Grains are the cornerstone of a high-fibre diet. Here's a look at some of our fibre-packed, seasonal favourites and how to include them in your fall reset.

1. Rogers Large Flake Oats

- **Why they're great:** Oats are rich in soluble fibre, particularly beta-glucans, which lower cholesterol and stabilize blood sugar.
- **How to enjoy:**
 - Pumpkin spice oatmeal with cinnamon and nutmeg.
 - Overnight oats with apples and pears.
 - Homemade granola with **Rogers Wheat Germ** and nuts for added crunch.



LARGE FLAKE OATS

Cereal & Oats, Retail Products



ROGERS ANCIENT GRAIN BLEND PORRIDGE OATS

Cereal & Oats, Retail Products



ROGERS HEALTHY GRAIN BLEND PORRIDGE OATS

Cereal & Oats, Retail Products



ROGERS STEEL CUT OAT BLEND PORRIDGE OATS

Cereal & Oats, Retail Products

2. Rogers Wheat Germ

- **Why it's great:** Wheat germ is packed with vitamins, minerals, protein, and fibre. It supports digestion, boosts immunity, and adds a nutty flavour to dishes.
- **How to enjoy:**
 - Sprinkle on top of yogurt or porridge.
 - Add to baked goods like muffins or banana bread.
 - Blend into smoothies for an extra nutrient boost.

3. Rogers Wheat Bran and Oat Bran

- **Why they're great:** Both are concentrated sources of dietary fibre and excellent for improving gut health and regularity.
- **How to enjoy:**
 - Mix into pancakes, waffles, or muffin batters.
 - Stir into soups and stews for extra texture and nutrition.
 - Combine with oatmeal for a fibre-packed breakfast.



OAT BRAN

Bran & Germ, Retail
Products



WHEAT BRAN

Bran & Germ, Retail
Products



WHEAT GERM

Bran & Germ, Retail
Products

4. Rogers Ancient Grain Blend Porridge Oats

- **Why it's great:** This blend combines traditional oats with nutrient-dense ancient grains like rye, barley, and spelt for variety and depth of flavour.
- **How to enjoy:**
 - Warm porridge topped with roasted apples and cinnamon.
 - Savoury grain bowls with roasted root vegetables and tahini dressing.
 - Add to slow-cooked soups for extra heartiness.

5. Rogers Healthy Grain Blend Porridge Oats

- **Why it's great:** This blend includes whole grains and seeds for added omega-3s and protein, making it ideal for balanced, energizing breakfasts.
- **How to enjoy:**
 - Use as the base for a fall-inspired breakfast parfait.
 - Make energy bars for a portable snack.
 - Bake into cookies for a healthier treat option.

High-Fibre Autumn Produce to Include

Pair your grains with seasonal fruits and vegetables to create a nutrient powerhouse. These fibre-rich foods are perfect for your fall reset:

FOOD	FIBRE TYPE	HOW TO ENJOY
Pumpkin	Soluble fibre	Pumpkin soup, oatmeal, or muffins
Apples	Soluble + insoluble fibre	Baked apples, salads, or overnight oats
Pears	Prebiotic fibre	Smoothies, baked goods, or snacking
Carrots	Insoluble fibre	Roasted, in soups, or grated into salads
Beets	Liver-supporting fibre	Roasted or in grain bowls
Sweet Potatoes	Soluble + insoluble fibre	Mashed, roasted, or in curries

7-Day High-Fibre Fall Reset Challenge

Kick-start your reset with this **7-day meal plan**, designed to increase your fibre intake gradually while focusing on whole, seasonal ingredients and **Rogers Foods products**. Google any of the suggested meal ideas below, and you will find lots of recipe options on the internet.

Daily Goals

- Aim for **25–30 grams of fibre** daily.
- Drink **8–10 glasses of water** to keep fibre moving smoothly through your system.
- Include **one serving of whole grains** and **two servings of seasonal produce** at every meal.

Day 1: Pumpkin Kick-Off

- **Breakfast:** Pumpkin spice oatmeal made with **Rogers Large Flake Oats**.
- **Lunch:** Lentil and barley soup with carrots and celery.
- **Dinner:** Quinoa-stuffed bell peppers with roasted sweet potatoes.
- **Snack:** Apple slices with almond butter and a sprinkle of **Rogers Wheat Germ**.

Day 2: Fibre Fuel

- **Breakfast:** Pear and cinnamon overnight oats with **Rogers Healthy Grain Blend Porridge Oats**. Try roasting the blend for an additional nutty taste.
- **Lunch:** Barley and roasted root vegetable salad.
- **Dinner:** Baked salmon with steamed broccoli and brown rice.
- **Snack:** Homemade oat energy balls with **Rogers Oat Bran**.

Day 3: Comfort Food Reset

- **Breakfast:** Warm breakfast quinoa with walnuts, cranberries, and a spoonful of **Rogers Wheat Germ**.
- **Lunch:** Lentil soup with added **Rogers Wheat Bran** for extra fibre.
- **Dinner:** Whole grain pasta with sautéed kale and roasted beets.
- **Snack:** Roasted pumpkin seeds.

Day 4: Savoury & Sweet

- **Breakfast:** Pumpkin and apple breakfast porridge made with **Rogers Ancient Grain Blend Porridge Oats**.
- **Lunch:** Sweet potato and black bean burrito bowl.
- **Dinner:** Barley stew with mushrooms and thyme.
- **Snack:** Pear slices with goat cheese.

Day 5: Immune Boosting

- **Breakfast:** Smoothie with spinach, pear, and a spoonful of **Rogers Wheat Germ**.
- **Lunch:** Rye bread sandwich with hummus and roasted vegetables.
- **Dinner:** Lentil shepherd's pie topped with mashed sweet potatoes.
- **Snack:** Greek yogurt with baked apple slices and cinnamon.

Day 6: Warming & Wholesome

- **Breakfast:** Apple cinnamon overnight oats using **Rogers Healthy Grain Blend Porridge Oats**.
- **Lunch:** Beet and quinoa salad with walnuts and pumpkin seeds.
- **Dinner:** Barley-stuffed acorn squash.
- **Snack:** Homemade trail mix with dried cranberries and almonds.

Day 7: Reset & Reflect

- **Breakfast:** Oatmeal with roasted pears, pecans, and maple syrup using **Rogers Large Flake Oats**.
- **Lunch:** Brown rice stir-fry with seasonal vegetables.
- **Dinner:** Quinoa and roasted vegetable Buddha bowl.
- **Snack:** Carrot sticks with hummus.

Tips for Success

1. Increase Fibre Gradually

If you're new to a high-fibre diet, increase your intake slowly to avoid bloating or discomfort.

2. Stay Hydrated

Fibre needs water to move efficiently through your system. Aim for at least **2 litres daily**.

3. Add Fibre to Everyday Meals

- Sprinkle **Rogers Wheat Germ** on salads or yogurt.
- Stir **Rogers Oat Bran** into smoothies.
- Add **Rogers Wheat Bran** to baked goods.

4. Enhance Flavour Naturally

Use warming fall spices like cinnamon, nutmeg, ginger, and cloves. Not only do they taste great, but many also have anti-inflammatory benefits.

Beyond the Challenge

This 7-day plan is just the beginning. By making whole grains and seasonal produce a consistent part of your diet, you'll experience benefits like:

- Improved digestion and regularity.
- Balanced energy and mood.
- Stronger immunity through winter.
- Better weight management without restriction.

Final Thoughts

October is more than just pumpkin patches and falling leaves; it's an opportunity to reset and realign with your health goals. By incorporating seasonal whole grains and fibre-rich foods, especially trusted products like Rogers Large Flake Oats, Wheat Germ, Wheat Bran, Oat Bran, and our unique porridge blends, you'll nourish your body and prepare for the colder months ahead.

This fall, take time to slow down, enjoy wholesome meals, and create habits that will carry you through the holiday season with vitality and balance. Your body will thank you for it.

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NEWS RELEASE - FOR IMMEDIATE RELEASE

SAVE-ON-FOODS First to Stock New 5kg Organic Flour Bags Starting August 28

Chilliwack, BC – August 27, 2025 – Rogers Foods is pleased to announce the upcoming launch of its newest addition to the flour lineup: Rogers Foods Organic Flour, available in convenient 5kg bags. This high-quality organic product reflects Rogers' ongoing commitment to providing nutritious, Canadian-milled flour at prices that support everyday baking and commercial kitchen needs alike.

The product will roll out first with Save-On-Foods locations across British Columbia, with initial shipments scheduled to begin on August 28, 2025. Customers are advised to allow a few weeks for the product to reach store shelves as inventory is distributed across locations.

"We're proud to introduce a new organic option that delivers the same exceptional quality Rogers is known for – without compromising on value," said Brad Duggan, VP of Sales and Marketing. "Our customers asked for it, and we've delivered: a competitively priced organic flour that supports both health-conscious baking and Canadian agriculture."

Rogers Organic Flour is milled in British Columbia using certified organic wheat and will be available at select retailers across Western Canada in the coming months. Consumers can visit rogersfoods.com or contact their local Save-On-Foods store for availability updates.

About Rogers Foods

With over 75 years of milling heritage, Rogers Foods is a trusted Canadian brand producing premium flour and grain products sourced from Western Canadian wheat. Headquartered in Chilliwack, BC, Rogers remains committed to sustainability, quality, and community.



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CAREERS AT ROGERS FOODS



At Rogers Foods, our success starts with our people. For over 70 years, we've been proudly milling quality Canadian grains into wholesome flours and cereals that families and professionals trust.

Behind every bag of Rogers product is a dedicated team committed to excellence, innovation, and community. Whether in our mills, offices, or on the road, our employees are at the heart of what we do. If you're looking for a career with a proudly Canadian company that values teamwork, integrity, and growth, we'd love to hear from you.

CURRENT POSITIONS

Vacancy Search



Product Technician I - Temporary

Spallumcheen, Temporary

[VIEW](#)

Warehouse Production Worker - Graveyard Shift

Chilliwack, Full-time

[VIEW](#)

Key Account Manager

Chilliwack, Full-time

[VIEW](#)

Millers Assistant

Spallumcheen, Full-time

[VIEW](#)

MAKING A DIFFERENCE: ROGERS FOODS VOLUNTEERS JOIN THE VEDDER RIVER CLEANUP

At Rogers Foods, our employees believe that giving back to the land that sustains us is as important as producing it. That's why we were once again thrilled to join forces with **Clean Rivers / Chilliwack–Vedder River Cleanup Society** for their ongoing efforts to protect and restore the Vedder River corridor.

Since 2002, Clean Rivers has removed over 147 metric tonnes of garbage from the river and surrounding areas—with the help of more than 7,000 volunteers. [Chilliwack River Cleanup Society](#). Our Rogers team of volunteers spent a beautiful autumn Saturday collecting waste, restoring riparian zones, and connecting with the community and environment.

We extend our heartfelt thanks to every employee who donned boots, gloves, and determination. Your hands-on volunteer spirit helps safeguard water, wildlife, and the health of our local ecosystems.

