



ROGERS FOODS NEWSLETTER

Bake | Learn | Share

Recipes of the Month

Gingerbread Cinnamon Roll
Recipe

[CLICK HERE](#)

Iced Gingerbread Oatmeal
Cookie Recipe

[CLICK HERE](#)

Cream Cheese Sprinkle
Sugar Cookie Recipe

[CLICK HERE](#)

Nourishing the Holidays:
How Rogers Foods' Whole
Grain Products Combat
Overeating and Promote
Wellness Blog

[CLICK HERE](#)

CAREERS AT ROGERS
FOODS & EMPLOYEES
VOLUNTEER LOCALLY

[CLICK HERE](#)

DECEMBER NEWS FROM ROGERS FOODS

Welcome to our final newsletter of 2025!

Can you believe we're already here? We often catch ourselves saying, "*Where did the time go?*" - but truly, this year seemed to fly by. December invites a special kind of pause: a season for family, reflection, a little nesting, and the simple joy of slowing down. It's also a time when many of us find ourselves in the kitchen, stirring, baking, and creating treats to share with the people we love.

To help you savour the season, we've put together a collection of delicious holiday recipes, thoughtful wellness insights, and exciting career opportunities with our team. **And don't forget to keep an eye out for our Holiday Baking Contest launching this month - you won't want to miss it!**



Recipes of the Month

- Gingerbread Cinnamon Rolls
- Iced Gingerbread Oatmeal Cookies
- Cream Cheese Sprinkle Sugar Cookies



Wellness Corner

Registered Holistic Nutritionist Tammy-Lynn McNabb, RHNP shares *Nourishing the Holidays: How Rogers Foods' Whole Grain Products Combat Overeating and Promote Wellness*.



Careers at Rogers

Looking for a role with a proudly Canadian company that values teamwork, integrity, and growth? We'd love to meet you. Explore our current opportunities to see where you might fit!

Wishing you a joyful, cozy, and delicious holiday season—and an inspiring start to 2026.

GINGERBREAD CINNAMON ROLLS

Gingerbread cinnamon rolls are soft, fluffy, molasses-sweet rolls filled with spiced filling and topped with cream cheese frosting.

Prep Time: 35 minutes

Cook Time: 31 minutes

Rising: 30 minutes

Total Time: 1 hour 36 minutes

Servings: 12 rolls

INGREDIENTS

Dough

- 1 cup whole milk
- 1/4 cup granulated sugar
- 2 ¼ teaspoons instant rise yeast (one packet)
- 1/4 cup molasses (not blackstrap)
- 2 large eggs, room temperature
- 1/2 cup unsalted butter, melted
- 1 teaspoon vanilla extract
- 4 ½ cups **sifted Rogers Foods**

All Purpose Flour

- 1/2 teaspoon kosher salt

Filling

- 6 tablespoons unsalted butter, room temperature
- 1/2 cup light brown sugar
- 2 tablespoons ground cinnamon



- 1 ½ teaspoons ground ginger
- 1/4 teaspoon allspice

Cream Cheese Frosting

- 8 oz cream cheese, room temperature
- 1/4 cup unsalted butter, room temperature
- 2 cups powdered sugar
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon kosher salt
- Holiday sprinkles or cookies, optional

INSTRUCTIONS

Dough

- Pour milk into a microwave-safe measuring cup. Microwave in 30-second intervals until it reaches 105–110°F.
- Add warm milk, granulated sugar, and yeast to the bowl of a stand mixer. Stir lightly and let sit 5 minutes to bloom.
- Add molasses, eggs, melted butter, and vanilla. Lightly beat with a fork.
- Add flour and salt. With the dough hook, knead until the dough comes together.
- Continue kneading 8–10 minutes until the dough forms a ball. Add up to ½ cup more flour if too sticky.
- Lightly grease a clean bowl. Place dough in the bowl and turn to coat.
- Cover with a towel and let rise 10 minutes.
- Preheat oven to 350°F. Grease a 9x13 pan.

Filling

- In a bowl, combine brown sugar, cinnamon, ginger, and allspice.
- Lightly flour a clean surface and roll dough into a rectangle, about ½ inch thick.
- Spread softened butter over dough, then sprinkle the sugar mixture evenly.

- From the long side, cut 12 strips and roll each into a cinnamon roll.
- Place rolls swirl-side up in the pan. Cover and rise another 20 minutes.

Frosting

- Clean the mixer bowl. Beat cream cheese and butter together.
- Add powdered sugar, vanilla, cinnamon, and salt. Beat until smooth.
- Bake rolls 30–35 minutes until golden and baked through. •Cool 10 minutes, then frost and add sprinkles.

ICED GINGERBREAD OATMEAL COOKIES

When gingerbread meets oatmeal, the marriage is a perfect fit for grandma's holiday baking

Prep Time: 45 minutes

Cook Time: 13 minutes

Total Time: 1 hour 30 minutes

Yield: 30 cookies

INGREDIENTS

- 2 cups Rogers Foods Large Flake Oats or our Ancient Grain Blend Porridge Oats or our Healthy Grain Blend Porridge Oats (if using a blend, decrease to 1 3/4 cups)
- 1 2/3 cup Rogers Foods All Purpose Flour
- 1 teaspoon of baking soda
- 1/2 teaspoon salt
- 2 teaspoons ground ginger
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 3/4 cup unsalted butter, softened
- 1 cup packed brown sugar
- 1/4 cup granulated sugar
- 1 large egg, room temperature
- 1/4 cup molasses (not blackstrap)



Icing

- 1 1/2 cups confectioners' sugar
- 1/4 teaspoon vanilla extract
- 1.5–2 tablespoons milk
- Small pinch of cinnamon
- Small pinch of ginger

INSTRUCTIONS

- Pulse the oats and 1/4 of the flour in a food processor 10–12 times until slightly chopped.
- Whisk together oats, flour, baking soda, salt, ginger, cinnamon, nutmeg, and cloves.
- Cream butter, brown sugar, and granulated sugar for 3 minutes.
- Add egg and molasses; beat an additional 1 minute.
- Add dry ingredients to creamed butter mixture; mix on low until combined. The dough will be thick.
- Chill dough 30–45 minutes.
- Preheat oven to 350°F. Line baking sheets with parchment.
- Scoop 1.5 tbsp dough balls, place 3 inches apart, bake 12–13 minutes.
- Cool 5 minutes on sheets, then transfer to racks.

Icing

- Whisk together the confectioners' sugar, vanilla, and 1 tbsp milk. Add only enough extra milk to make the icing thicker, not too runny.
- Add cinnamon and ginger.
- Dip or drizzle onto cooled cookies.
- Icing will set in a few hours.

CREAM CHEESE SPRINKLE SUGAR COOKIES

Festive, fun, and so easy to make. A true Christmas Classic with a twist.

Prep Time: 10 minutes

Cook Time: 15 minutes

Chill Time: 20 minutes

Total Time: 45 minutes

Servings: 24 cookies

INGREDIENTS

- 1 cup unsalted butter, room temperature
- 2 oz cream cheese, room temperature
- 1 1/4 cups granulated sugar
- 1 large egg
- 2 teaspoons vanilla extract
- 1/4 teaspoon almond extract (optional)
- 3 cups **Rogers Foods Organic All Purpose Flour** (or our regular All Purpose Flour)
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 3/4 teaspoon salt
- 1–2 cups assorted sprinkles



INSTRUCTIONS

- Beat butter, cream cheese, and sugar until light and fluffy.
- Add egg, vanilla, and almond extracts. Mix well until fluffy.
- Add flour, baking powder, baking soda, and salt. Mix until just combined.

- Chill dough 15–20 minutes.
- Preheat oven to 375°F. Line baking sheets with parchment.
- Scoop 1.5 tbsp balls, roll into a smooth ball, coat in sprinkles, and flatten slightly.
- Bake 10–12 minutes.
- Cool on baking sheets 10–15 minutes, then move to racks.



WELLNESS CORNER

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

NOURISHING THE HOLIDAYS: HOW ROGERS FOODS' WHOLE GRAIN PRODUCTS COMBAT OVEREATING AND PROMOTE WELLNESS

The holiday season, spanning Thanksgiving through New Year's, is a time of joy, family gatherings, and indulgent feasts. Yet, it also brings challenges to our health. According to a systematic review published in **Nutrients**, holiday periods often lead to significant overeating, with individuals consuming up to 50% more calories daily than usual, contributing to an average weight gain of 0.5 to 1 kg that may persist year-round. This overindulgence - fuelled by rich, processed foods high in sugars and fats - heightens risks for digestive discomfort, elevated blood sugar spikes, and long-term issues like obesity, type 2 diabetes, and cardiovascular disease. The Canadian Heart and Stroke Foundation notes that such weight gain exacerbates heart disease risk, a leading cause of mortality.



In this context, whole grains emerge as a timely ally. Unlike refined grains stripped of nutrients during processing, whole grains retain their bran, germ, and endosperm, delivering fibre, vitamins, minerals, and antioxidants that promote satiety, stabilize blood sugar, and support heart health. Rogers Foods, a Canadian company with over 75 years of milling high-quality grains from local wheat and oats, embodies this nutritional ethos. Based in British Columbia, Rogers produces premium, natural products such as flours, oats, and blends, with a focus on fibre-rich options. Their commitment to sourcing Canadian grains ensures freshness and sustainability, aligning with health trends toward whole-food eating.

This blog explores the health benefits of seven Rogers Foods products: **Healthy Grain Blend Porridge Oats**, **Ancient Grain Blend Porridge Oats**, **Oat Bran**, **Wheat Bran**, **Wheat Germ**, **Whole Wheat Bread Flour** and **Whole Grain Whole Wheat Flour**. These selections focus on



versatile staples ideal for holiday baking and meals. By incorporating them, we can mitigate overeating's pitfalls - promoting mindful indulgence, digestive ease, and sustained energy amid festive excess. Drawing on scientific evidence, we'll examine their nutritional profiles and practical applications for a healthier holiday season.

The Perils of Holiday Overeating: A Call for Mindful Choices

Holiday overeating isn't merely anecdotal; it's a public health concern. Studies indicate that during winter festivities, caloric intake surges by 200-500 calories per day, often from refined carbs and sweets that digest quickly, leading to blood sugar crashes and subsequent cravings.

A University of Maryland Medical System report highlights that skipping meals to "save room" backfires, increasing hunger and bingeing, while alcohol - common at gatherings - impairs satiety signals, adding empty calories. Over time, this pattern contributes to a 10-pound average weight gain among many North Americans, per Wake Forest Baptist Health data, elevating the risk of heartburn, insulin resistance, and metabolic syndrome.

The consequences extend beyond the scale. Short-term effects include bloating and fatigue, while chronic overeating fosters inflammation and gut dysbiosis, impairing immunity and mood - ironic for a season meant to uplift. For those with preexisting conditions like pre-diabetes, holiday feasts can destabilize glucose levels, per Everyday Health insights. Yet, hope lies in proactive swaps: fibre-packed whole grains slow digestion, enhancing fullness and nutrient absorption. Rogers Foods' products, with their emphasis on unprocessed grains, offer a delicious antidote, turning potential pitfalls into opportunities for wellness.

Spotlight on Rogers Foods: Nutritional Powerhouses for Holiday Resilience

Rogers Foods prioritizes whole grains, milling them to preserve bran and germ for maximum nutrition. Our **Healthy Grain Blend Porridge Oats**, for instance, combines oat flakes, wheat bran, oat bran, and flaxseed - delivering 8 grams of fibre per serving, alongside omega-3s from flax. This blend isn't just for breakfast; its versatility shines in holiday recipes, providing sustained energy without the crash from sugary treats.

Similarly, the **Ancient Grain Blend Porridge Oats** incorporate quinoa, amaranth, and spelt with oats, boasting 20% fibre per serving and minerals like iron, manganese, magnesium, and phosphorus. These ancient grains add a nutty flavour and complete proteins, rare in plant foods, supporting muscle repair after active holiday days. Finally, **Whole Grain Whole Wheat Flour and Whole Wheat Bread Flour** retain the full kernel, offering B vitamins, antioxidants like lutein, and insoluble fibre for digestive regularity - superior to refined flours that lose 90% of vitamin E and most fibre during milling.

These products align with Health Canada's guidelines for 25-35 grams of daily fibre, often unmet by Canadians, who consume just 15 grams. By focusing on them, holiday menus gain substance, curbing the urge to overeat.



Health Benefits: Fibre, Satiety, and Beyond

At the core of the benefits of these Rogers Foods products is beta-glucan, a soluble fibre abundant in oats. Healthline reports that 3 grams of oats daily reduce LDL cholesterol by 5-10% and stabilize blood sugar, slashing diabetes risk by 30%. In Rogers Foods' blends, beta-glucan from oat bran forms a gel in the gut, delaying gastric emptying and promoting fullness - ideal against holiday munching. A PubMed review confirms oats' phytochemicals, like avenanthramides, exert anti-inflammatory effects, further protecting arteries.

Whole wheat in Rogers' bread flour complements this with insoluble fibre, aiding bowel regularity and preventing constipation, a common holiday woe from low-fibre feasts. WebMD notes whole wheat's antioxidants, including lutein and zeaxanthin, support eye health, countering oxidative stress from rich diets. Collectively, these grains enhance gut microbiome diversity, boosting immunity and mood via short-chain fatty acids, per BBC Good Food. For weight management, Harvard's Nutrition Source links whole grains to a 17% lower risk of obesity, as their low glycemic index prevents insulin spikes that drive fat storage.

In the holiday context, these benefits shine. Overeating often stems from rapid carb digestion; Rogers Foods' oats and wheat provide steady energy, reducing the 20-minute lag before

fullness registers. Their mineral profile - magnesium for stress relief, iron for vitality - fortifies against seasonal fatigue, ensuring joyful, not lethargic, celebrations.

Integrating Rogers Foods Products into Holiday Feasts: Recipes and Strategies

To harness these benefits, swap refined ingredients for Rogers Foods' whole grains.

Start with breakfast: Rogers Healthy Grain Blend Porridge Oats baked into a pumpkin spice loaf. Mix 2 cups oats, 1 cup pumpkin puree, 2 eggs, 1/4 cup maple syrup, cinnamon, and walnuts; bake at 350°F for 40 minutes. This fibre-rich (10g per slice) treat stabilizes morning blood sugar levels, preventing midday cookie raids. Per Better Homes & Gardens, such oat bakes offer heart-healthy fats from grains, curbing cholesterol spikes from holiday ham.

For sides, use Ancient Grain Blend in quinoa-stuffed peppers: Cook 1 cup of the blend with vegetable broth, then mix with cranberries, feta, and herbs; stuff roasted bell peppers. The 20% fibre content promotes satiety, while ancient grains' proteins (8g per serving) sustain energy for post-dinner walks. This dish, inspired by Food Network, adds antioxidants from berries to help combat inflammation from overindulgence.

Desserts needn't derail health. Rogers Whole Wheat Whole Grain Flour crafts gingerbread cookies: (see recipe below). The insoluble fibre aids digestion, while B vitamins energize. For a crowd-pleaser, try oat-crust apple crisp: Top sliced apples with Rogers Foods' oats, cinnamon, and a touch of butter; bake until bubbly. All recipe variations show this cuts sugar needs by 50%, leveraging oats' natural sweetness.

Practical tips amplify impact: Portion out our granola, mixed with additional nuts, seeds, and chocolate chips, into prepped jars for grab-and-go snacks, or use whole-wheat flour as a thickener in turkey gravy for a fibre boost. As CU Medicine advises, eat slowly and pair grains with veggies to enhance volume without calories. These swaps transform feasts into balanced affairs, fostering gratitude over guilt.

A Healthier Holiday Legacy

As December 2025 ushers in the holidays, Rogers Foods' whole grain products stand as beacons of nourishment. Their fibre fortifies against overeating's toll - cholesterol dips, steady energy, robust digestion - echoing evidence from Healthline and PubMed that whole grains extend life and vitality. By weaving them into recipes, we honour tradition while safeguarding health, turning potential excess into mindful abundance.



This season, let's pledge to plates half-filled with grains: oats for creamy porridges, blends for hearty stuffings, wheat for wholesome breads. Such choices not only mitigate weight gain's creep but cultivate lasting habits - fibre's gentle reminder that true festivity nourishes body and soul. In a world of fleeting indulgences, Rogers Foods reminds us: the best gifts are those that sustain.

Whole Wheat Gingerbread Cookies Recipe



Yields: Varies | Prep time: 15 minutes, plus chilling | Cook time: 8-12 minutes

INGREDIENTS

- Dry Ingredients:
 - 3 cups ROGERS FOODS Whole Wheat Whole Grain Flour (plus extra for dusting)
 - 2 tsp ground ginger
 - 2 tsp ground cinnamon
 - 1/2 tsp ground cloves
 - 1/4 tsp ground nutmeg
 - 1 tsp baking soda
 - 1/2 tsp salt

- Wet Ingredients:
 - 1/2 cup (1 stick) unsalted butter, softened
 - 1/2 cup brown sugar (or coconut sugar)
 - 1 large egg
 - 1/2 cup unsulphured molasses (blackstrap provides a more intense flavour)
 - 1 tsp vanilla extract

INSTRUCTIONS

1. Combine dry ingredients: In a large bowl, whisk together the whole wheat flour, ginger, cinnamon, cloves, nutmeg, baking soda, and salt. Set aside.
2. Cream butter and sugar: In a separate large bowl, using an electric mixer, beat the softened butter and brown sugar until light and fluffy.
3. Mix wet ingredients: Beat in the egg, molasses, and vanilla extract until well combined.
4. Combine: Gradually add the dry ingredient mixture to the wet mixture, mixing until a smooth, stiff dough forms.
5. Chill the dough: Divide the dough into two even disks. Wrap each disk tightly in plastic wrap and refrigerate for at least one hour, or overnight. Chilling is crucial for the dough to be manageable for rolling.
6. Preheat oven: Preheat your oven to 350°F (175°C) and line baking sheets with parchment paper.
7. Roll and cut: Remove one disk of dough from the fridge. On a lightly floured surface, roll the dough out to about 1/4-inch thickness. Use your favourite cookie cutters to cut out shapes and place them on the prepared baking sheets, about 1/2 inch apart.
8. Bake: Bake for 8 to 10 minutes for soft cookies, or up to 12 minutes for crispier cookies.
9. Cool and decorate: Let the cookies cool on the baking sheet for 5-10 minutes, then transfer them to a wire rack to cool completely. Once cooled, you can decorate them with icing.

Tips for Baking with Whole Wheat Flour

- Hydration: Whole wheat flour absorbs water more slowly than all purpose flour. If the dough seems too dry or crumbly after chilling, you can add a tablespoon or two of water or milk to get the right consistency.
- Texture: Whole wheat flour results in a heartier, more rustic cookie. For a lighter cookie, you can substitute half the whole-wheat flour with all-purpose flour.
- Softness: The key to soft gingerbread cookies is using molasses and avoiding over-baking.

REFERENCES

1. **Healthline.** (2024). *9 Health Benefits of Eating Oats and Oatmeal*. <https://www.healthline.com/nutrition/9-benefits-oats-oatmeal>
2. **Cleveland Clinic.** (2025). *Is Oatmeal Good for You?*. <https://health.clevelandclinic.org/how-healthy-is-oatmeal-for-breakfast-really>
3. **PubMed.** (2017). *Whole grain oats, more than just a fibre: Role of unique phytochemicals*. <https://pubmed.ncbi.nlm.nih.gov/28067025/>
4. **Whole Grains Council.** *Health Benefits of Oats*. <https://wholegrainscouncil.org/whole-grains-101/easy-ways-enjoy-whole-grains/grain-month-calendar/oats-%25E2%2580%2593-january-grain-month/health>
5. **Martha Stewart.** (2025). *The Benefits of Oats, According to Nutrition Experts*. <https://www.marthastewart.com/benefits-of-oats-11801399>
6. **BBC Good Food.** (2024). *Are oats good for you?*. <https://www.bbcgoodfood.com/health/nutrition/porridge-healthy>
7. **WebMD.** (2024). *Health Benefits of Oatmeal*. <https://www.webmd.com/diet/health-benefits-oatmeal>
8. **Health.com.** (2025). *Oats: Benefits, Nutrition, and Risks*. <https://www.health.com/oats-benefits-8660530>
9. **MyPlate.gov.** *Grains Group – One of the Five Food Groups*. <https://www.myplate.gov/eat-healthy/grains>
10. **WebMD.** (2024). *Health Benefits of Wheat*. <https://www.webmd.com/diet/health-benefits-of-wheat>
11. **Healthline.** (2023). *9 Health Benefits of Eating Whole Grains*. <https://www.healthline.com/nutrition/9-benefits-of-whole-grains>
12. **ÖZMEN UN.** *Health Benefits of Whole Wheat Flour*. <https://ozmenun.com/en/news/health-benefits-of-whole-wheat-flour>

13. **Matthews Cotswold Flour.** (2020). *8 Health Benefits of Baking With Whole Grain Flour*. <https://cotswoldflour.com/blogs/news/8-health-benefits-of-baking-with-whole-grain-flour-you-should-know>
14. **Whole Grains Council.** *Health Benefits of Wheat*. <https://wholegrainscouncil.org/whole-grains-101/whole-grains-101-orphan-pages-found/health-benefits-wheat>
15. **Harvard T.H. Chan School of Public Health.** (2025). *Whole Grains*. <https://nutritionsource.hsph.harvard.edu/what-should-you-eat/whole-grains/>
16. **NDTV.** *What Are The Health Benefits Of Whole Wheat Flour Over Refined Flour*. <https://doctor.ndtv.com/living-healthy/what-are-the-health-benefits-of-whole-wheat-flour-over-refined-flour-1912343>
17. **Rogers Foods.** (2025). *About Us*. <https://rogersfoods.com/about-us/>
18. **Rogers Foods.** (2025). *Rogers Ancient Grain Blend Porridge Oats*. <https://rogersfoods.com/shop/retail-products/porridge-oats-ancient-grains/>
19. **Rogers Foods.** (2025). *Rogers Healthy Grain Blend Porridge Oats*. <https://rogersfoods.com/shop/retail-products/original-porridge-oats-healthy-grains/>
20. **Rogers Foods.** (n.d.). *Seven Rogers Foods Flours for Healthy Home Baking*. <https://rogersfoods.com/seven-rogers-foods-flours-for-healthy-home-baking/>
21. **PMC.** (2023). *Winter Holidays and Their Impact on Eating Behavior -A Systematic Review*. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10574044/>
22. **UMMS Health.** (2024). *How to Avoid Holiday Overeating This Year*. <https://health.umms.org/2024/11/13/avoid-holiday-overeating-this-year/>
23. **Wake Forest Baptist.** *Avoiding Overeating During the Holidays*. <https://www.wakehealth.edu/stories/how-to-avoid-overeating-during-the-holidays>
24. **Everyday Health.** *How to Avoid Overeating During the Holidays When You're at Risk for Heart Disease*. <https://www.everydayhealth.com/heart-health/diet/heart-health-how-avoid-overeating-during-holidays/>
25. **CU Medicine.** *Psychologist Backed Mindfulness Tips to Manage Overeating This Holiday Season*. <https://www.cumedicine.us/health-insights/tips-to-manage-holiday-overeating>
26. **Andrea Dekker.** (2025). *Easy Baked Oatmeal: Whole Grain Healthy!* <https://andreadekker.com/easy-baked-oatmeal/>
27. **Better Homes & Gardens.** (2024). *7 Healthy Oatmeal Recipes to Start Your Day with Whole Grains*. <https://www.bhg.com/recipes/healthy/breakfast/healthy-oatmeal-recipes/>
28. **Food Network.** (2024). *36 Healthy Whole-Grain Recipes & Ideas*. <https://www.foodnetwork.com/healthy/photos/healthy-whole-grain-recipes>
29. **Canadian Heart and Stroke Foundation.** Don't Fall Victim to the Holiday Heart Attack- <https://www.heartandstroke.ca/articles/dont-fall-victim-to-the-holiday-heart-attack>

CAREERS AT ROGERS FOODS



At Rogers Foods, our success starts with our people. For over 75 years, we've been proudly milling quality Canadian grains into wholesome flours and cereals that families and baking professionals trust. Behind every bag of Rogers Foods products 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.

Here's a [list of jobs currently available](#):

Grain Assistant

Spallumcheen, Full-time

[VIEW](#)

Flour Packer

Spallumcheen, Full-time

[VIEW](#)