



ROGERS FOODS NEWSLETTER

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Recipes of the Month

HEART-SHAPED FRESH PASTA
RAVIOLI RECIPE

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VALENTINE'S DAY RED
VELVET OAT PANCAKES
RECIPE

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SAVOURY ROSEMARY &
PARMESAN WHEAT BRAN
SHORTBREAD RECIPE

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ROGERS FOODS CAREERS

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FEBRUARY GIVEAWAY

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LET'S GET READY FOR LOVE!

February is here, and we're ready for all the love (and all the baking)! This month's Rogers Newsletter features Valentine's-worthy recipes made with wholesome Rogers ingredients, plus a heart-healthy Wellness Corner, career opportunities, and our Ultimate Valentine's Giveaway with Food Network champion Tracy Irwin. Bake, learn, and share with us all month long!

RECIPES OF THE MONTH

◦**Heart-Shaped Fresh Pasta Ravioli** - A sweet-and-savoury dinner idea perfect for sharing, featuring tender homemade whole wheat pasta filled with a bright lemon-ricotta mixture.

◦**Valentine's Day Red Velvet Oat Pancakes** - Fluffy red velvet pancakes made with Rogers Whole Wheat Flour and Oats for a hearty, wholesome twist. Top with berries and whipped cream.

◦**Savoury Rosemary & Parmesan Wheat Bran Shortbread** - A savoury "cookie" for snack boards, made with Rogers Wheat Bran for a subtle nutty flavour and a tender, crumbly texture.

WELLNESS CORNER

◦**Heart Health: Why It's Never Too Early to Start Caring for Your Heart Through Diet** - A practical, evidence-based feature on building heart-healthy habits early, with tips on fibre and whole grains, reducing sugar and sodium, and choosing healthier fats - referencing guidance from Heart & Stroke and Health Canada.

VALENTINE'S DAY CONTEST

◦**Ultimate Valentine's Giveaway** - Partnering with Tracy Irwin, Food Network Champion, for prizes including a custom Valentine-inspired cookie gift box and decorating-class gift cards, with entry steps (follow, like, tag a friend, and share) and the contest timeline included in the newsletter.

HEART-SHAPED FRESH PASTA RAVIOLI

A sweet (and savoury!) Valentine's Day dinner idea that's perfect for sharing. This homemade ravioli uses Rogers Wheat Flour to create a tender, workable pasta dough, then is filled with a bright lemon-ricotta mixture and served simply with butter, herbs, and Parmesan.



Prep Time: 45 min (plus 30 min resting)

Cook Time: 5 minutes

Total Time: 45 minutes

Servings: 24–30 ravioli (serves 2–4)

INGREDIENTS:

Fresh Pasta Dough

- 1 1/2 to 2 cups **Rogers Foods Whole Wheat Whole Grain Flour**

- 3 large eggs, room temperature
- 1 tbsp olive oil
- ¼ tsp salt
- 1-2 tablespoons of water if the dough seems dry

Ricotta Filling

- 1 cup ricotta cheese
- ½ cup grated Parmesan cheese
- 1 tsp lemon zest
- Salt and pepper, to taste

To Serve (Optional)

- 3 tbsp butter, melted or 2 tbsp olive oil
- 1–2 tbsp fresh herbs (sage, basil, or parsley), chopped
- Extra Parmesan cheese, for serving

INSTRUCTIONS

1. Make the pasta dough: On a clean surface, mound Rogers Wheat Flour and make a well in the centre. Add eggs, olive oil, and salt. Using a fork, gradually pull flour into the eggs until a shaggy dough forms. Knead 8–10 minutes until smooth and elastic. Cover and let rest 30 minutes.
2. Make the filling: In a bowl, mix ricotta, Parmesan, lemon zest, and a pinch of salt and pepper until smooth.
3. Roll the dough: Divide the dough into two pieces. Roll each piece into a thin sheet using a rolling pin or pasta machine (thin enough to see your hand faintly through the dough).

4. Fill and seal: Spoon small dollops of filling onto one sheet, spacing them about 1½–2 inches apart. Lightly brush water around the filling. Place the second sheet on top and press around each mound to remove air and seal.
5. Cut heart shapes: Use a heart-shaped cutter to cut out ravioli. Press the edges firmly to seal. Place on a lightly floured tray while you finish.
6. Cook the ravioli: Bring a pot of salted water to a gentle boil. Cook the ravioli for 2–3 minutes, or until they float and are tender.
7. Serve: Toss gently with melted butter or olive oil. Top with fresh herbs and additional Parmesan, then serve immediately.

TIPS

- **Seal well:** Press out air around the filling so the ravioli don't burst while cooking.
- No cutter? Cut squares, then pinch the top edges slightly to form a heart shape.
- **Make ahead:** Freeze ravioli in a single layer, then transfer to a freezer bag. Cook from frozen, adding 1–2 minutes.

VALENTINE'S DAY RED VELVET OAT PANCAKES

Make Valentine's morning extra special with fluffy red velvet pancakes. Rogers Foods Whole Wheat Whole Grain Flour creates a tender pancake base, while Rogers Foods Large Flake Oats add a wholesome, hearty touch. Top with berries and whipped cream for an easy, festive brunch.

Prep Time: 10 min

Cook Time: 10 minutes

Total Time: 20-25 minutes

Servings: 10-12 pancakes
(serves 3-4)



INGREDIENTS

Pancakes

- 1 cup **Rogers Foods Whole Wheat Whole Grain Flour**
- ½ cup **Rogers Foods Large Flake Oats**, lightly pulsed or blended
- 2 tbsp cocoa powder
- 2 tbsp sugar

- 1½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 cup buttermilk (*or milk + 1 tsp vinegar*)
- 1 large egg
- 2 tbsp melted butter or oil
- 1 tsp vanilla extract
- 1–2 tsp red food colouring

Toppings (Optional)

- Whipped cream or yogurt
- Fresh strawberries or raspberries
- Powdered sugar
- Chocolate or maple syrup drizzle or cream cheese glaze (cream cheese, cream, and powdered sugar)

INSTRUCTIONS

1. In a large bowl, whisk Rogers Wheat Flour, oats, cocoa powder, sugar, baking powder, baking soda, and salt.
2. In a separate bowl, whisk the buttermilk, egg, melted butter (or oil), vanilla, and food coloring.
3. Add wet ingredients to dry ingredients and stir until just combined (do not overmix). Let the batter rest 2–3 minutes.
4. Heat a lightly greased skillet or griddle over medium heat.
5. Pour about ¼ cup of batter per pancake. Cook until bubbles form and the edges look set, then flip and cook until cooked through.
6. Serve warm with your choice of toppings.

TIPS

- For extra Valentine's flair, cut strawberries into heart shapes and stack the pancakes high.
- If the batter thickens as it sits, add a splash of milk and stir gently.

SAVOURY ROSEMARY & PARMESAN WHEAT BRAN SHORTBREAD COOKIES

A savoury Valentine's twist perfect for a cozy date-night snack board. These buttery bites feature Rogers Wheat Bran for a subtle nutty flavour and a tender, crumbly texture, finished with rosemary and Parmesan for an irresistible savoury "cookie."



Prep Time: 15 minutes (plus 10 min chilling)

Cook Time: 18-22 minutes

Total Time: 33-37 minutes

Servings: 24–30 pieces

INGREDIENTS

- 1 cup **Rogers Foods Whole Wheat Whole Grain Flour**
- ½ cup **Rogers Foods Wheat Bran**
- ½ cup finely grated Parmesan cheese
- 1 tbsp fresh rosemary, finely chopped (*or 1 tsp dried*)
- ½ tsp salt
- ½ tsp cracked black pepper
- ¾ cup cold unsalted butter, cubed
- 1–2 tsp cold water, if needed

INSTRUCTIONS

1. Preheat the oven to 325°F (165°C). Line a baking sheet with parchment paper.
2. In a bowl, combine **Rogers Wheat Flour**, **Rogers Wheat Bran**, Parmesan, rosemary, salt, and pepper.
3. Cut in cold butter with a pastry cutter or your fingertips until the mixture forms coarse crumbs.
4. Gently press the dough together. If it feels dry, add 1–2 tsp of cold water to help it come together.
5. Roll the dough to about ½-inch thickness and cut into hearts or rounds.
6. Place the pieces on the baking sheet and chill for 10 minutes.
7. Bake for 18–22 minutes, until the edges are just lightly golden. Cool on a rack before serving.

TIPS

- These are perfect for a Valentine's snack board featuring olives, grapes, and a soft cheese.
- For a little sparkle, brush lightly with egg wash and sprinkle a pinch of flaky salt before baking.



CAREERS AT ROGERS FOODS

At Rogers Foods, we are proud of our employees! They work in various areas, including manufacturing, quality control, technical services, logistics, sales, and administration. Each Rogers employee approaches their job with commitment and pride.

Across the company, employees and management form a motivated, eager team ready to meet the challenges of future growth in customers, products, and our mills, while ensuring that sanitation and food safety standards, as well as company expectations for quality and safety, are upheld.

Rogers Foods requires a minimum of a Grade 12 education or equivalent. Availability for shift work, which may include weekends, holidays, and call-outs as required. Ability to lift repetitively. Mechanical aptitude is an asset. Self-motivated, takes initiative, and builds and maintains solid working relationships with managers and fellow employees.

If you want to be part of such a team and have a strong work ethic, we welcome your interest.

Please email your covering letter and resume to:
rogershr@rogersfoods.com

Rogers Foods Ltd. is an equal opportunity employer that offers competitive salaries and a comprehensive benefits package.

Grain Receiver
Spallumcheen, Full-time

[VIEW](#)

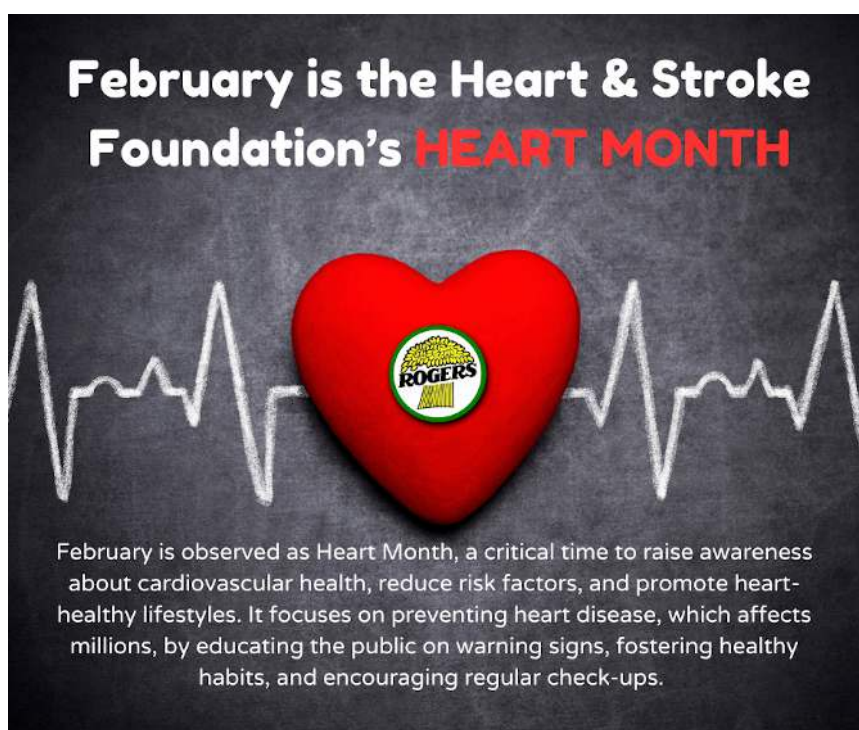


WELLNESS CORNER

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

HEART HEALTH: WHY IT'S NEVER TOO EARLY TO START CARING FOR YOUR HEART THROUGH DIET

The human heart is one of the body's most vital organs, responsible for pumping oxygen and nutrients to every cell. Despite its central role in sustaining life, heart health is often taken for granted, **especially among young people**. Many assume heart disease is a concern reserved for older adults and something to worry about only later in life. In reality, cardiovascular health is shaped by long-term patterns, and everyday choices made in childhood, adolescence, and early adulthood can add up over decades. That is why it is never too early to start taking care of the heart, and why diet is one of the most powerful places to begin.



Cardiovascular diseases are the leading cause of death globally. Even in countries with strong healthcare systems, heart disease continues to be a major cause of illness and death. This matters because heart health is not only about emergencies

like heart attacks. It is also about preventing the gradual, often silent processes that damage blood vessels and strain the heart over time.

THE SLOW BUILD OF HEART DISEASE

Heart disease usually develops slowly. A key process is atherosclerosis, in which plaque builds up inside arteries. Over time, arteries narrow and stiffen, making it harder for blood to flow freely. This raises the risk of serious events such as heart attacks and strokes. What makes atherosclerosis especially dangerous is that it can progress for years without clear symptoms. A person might feel fine while their blood pressure, cholesterol, or blood sugar levels gradually drift into unhealthy ranges.

Because the harm accumulates over time, prevention matters at every age. When people develop heart-healthy habits early, they not only improve their health today but also reduce long-term wear and tear on their cardiovascular system. Prevention is also usually easier than reversal. It is generally simpler to establish a balanced eating routine early than to overhaul habits after a diagnosis.

WHY DIET MATTERS SO MUCH

Diet influences several major drivers of heart disease, including cholesterol levels, blood pressure, blood sugar regulation, and chronic inflammation. A diet high in saturated fat, added sugars, and sodium can raise LDL cholesterol, promote weight gain, elevate blood pressure, and contribute to insulin resistance. Over time, these factors can damage blood vessels and increase cardiovascular risk.

On the other hand, heart-healthy diets emphasize whole and minimally processed foods, especially vegetables, fruits, legumes, whole grains, nuts, seeds, and healthier oils. These foods provide dietary fibre, vitamins, minerals, and antioxidants that help the body regulate cholesterol, reduce inflammation, and maintain healthy blood pressure.

Canadian guidance aligns with this approach. [Heart & Stroke](#) explains that saturated fat can raise LDL cholesterol, a risk factor for heart disease and stroke, and recommends eating patterns that help reduce saturated fat intake. Their healthy

eating resources also emphasize whole grains, fibre, and practical habits for everyday meals.

FIBRE AND WHOLE GRAINS: A PRACTICAL STARTING POINT

Dietary fibre is especially important for heart health. A heart-healthy diet includes foods high in fibre, with strong sources coming from whole grains, vegetables, fruit, and legumes. Whole grains, such as oats, brown rice, quinoa, and whole wheat products, make it easier to consistently get enough fibre.

This is where practical, food-based examples can help translate nutrition into real-life choices. Rogers Foods discusses oats as a nutritious staple and highlights beta-glucan, a soluble fibre in oats that is commonly associated with improved cholesterol and blood sugar control. While no single food can “protect” the heart on its own, regularly choosing fibre-rich foods like oats can support healthier cholesterol patterns and steadier blood sugar, both of which reduce strain on the cardiovascular system over time.

Whole grains are also helpful because they are filling, versatile, and easy to incorporate into meals. Oatmeal for breakfast, whole-grain bread for lunch, or brown rice for dinner can increase fibre intake without requiring complicated recipes.



ADDED SUGAR: WHY IT MATTERS AND HOW TO REDUCE IT

Added sugar is a major concern for heart health because it can contribute to weight gain, elevated triglycerides, and metabolic problems that increase cardiovascular

risk. Heart & Stroke recommends that added sugars make up no more than 10% of total daily calories, ideally less than 5%. This is significant because sugary drinks, desserts, and many processed snacks can quickly add a large amount of added sugar without providing much nutritional value.

Reducing added sugar does not mean eliminating all treats forever. A realistic approach is to choose lower-sugar options most days, such as water or other unsweetened beverages instead of pop, and to treat sweets as occasional rather than automatic. These small choices, repeated consistently, can have a meaningful effect over years and decades.

SODIUM AND BLOOD PRESSURE: A CANADIAN PERSPECTIVE

High blood pressure is a major risk factor for heart disease and stroke, and high sodium intake is closely linked to elevated blood pressure. Much of the sodium comes from packaged and restaurant foods rather than the salt shaker at home. Health Canada guidance recommends a daily intake of 1500 mg for most Canadians and advises not exceeding 2300 mg per day.

Reducing sodium often means focusing on food preparation habits: cooking more at home, choosing less processed foods, and using herbs, spices, garlic, citrus, and vinegar for flavour instead of relying on salt. These strategies can help maintain healthy blood pressure, even for younger people who feel healthy right now.

HEALTHY FATS: NOT ALL FATS ARE THE SAME

Fats are often misunderstood. The goal is not to avoid fat altogether but to choose fats that support heart health. Unsaturated fats, found in foods such as olive oil, nuts, seeds, and avocados, are generally preferred over saturated fats, which are more common in fatty meats, butter, and many ultra-processed foods. Canadian guidance notes that saturated fat can raise LDL cholesterol, underscoring why the type of fat matters.

This can be applied in simple ways: cook more often with olive oil, choose nuts or yogurt instead of chips and candy for snacks, and include plant proteins such as

beans and lentils regularly. These are not extreme changes, but they add up over time.

WHY IT'S NEVER TOO EARLY

It is never too early to prioritize heart health because habits formed early tend to stick. Food preferences, cooking skills, and routines often develop during childhood and adolescence. If someone grows up eating vegetables regularly, drinking mostly water, and making whole grains a regular part of meals, that pattern can carry into adulthood. If someone grows up relying on ultra-processed foods and sugary drinks, those patterns can also become normalized, making change harder later.

Starting early does not mean dieting or fearing food. It means building a normal way of eating that supports the body. It also means learning that health is shaped by patterns, not single meals. A balanced diet most of the time leaves room for enjoyment while still protecting long-term cardiovascular health.

MAKING HEART-HEALTHY EATING REALISTIC

A heart-healthy diet should be realistic, flexible, and culturally meaningful. People are more likely to maintain changes that fit their budget, schedule, and preferences. Instead of aiming for perfection, it helps to focus on a few consistent actions:

- Build meals around vegetables and fruit.
- Choose whole grains often, including oats, brown rice, quinoa, and whole wheat options.
- Include fibre-rich plant proteins like beans and lentils.
- Limit added sugars, especially from sugary drinks and processed snacks.
- Reduce sodium by choosing less processed foods and cooking more at home.

Even simple meals, such as oatmeal topped with fruit and nuts, can be heart-healthy because they combine fibre, nutrients, and healthy fats in one meal.

DIET WORKS BEST WITH A HEALTHY LIFESTYLE

Diet is a cornerstone of heart health, but it works best when paired with other habits. Regular physical activity strengthens the heart muscle, helps regulate blood pressure, and supports healthy cholesterol levels. Good sleep supports hormone balance and appetite regulation. Stress management matters because chronic stress can contribute to unhealthy coping habits and may influence blood pressure and inflammation. Avoiding tobacco also protects blood vessels and reduces cardiovascular risk.

Still, diet is one of the most frequent, repeatable choices we make, and it shapes the body's internal environment every day. Every meal is an opportunity to support long-term heart function.

WHAT IT ALL MEANS

Heart health is not something that suddenly becomes important in middle age. Cardiovascular disease develops over time, influenced by daily patterns that begin early in life. A heart-supportive diet, rich in whole foods, fibre, and healthier fats, and lower in excess sodium and added sugars, can reduce risk factors and protect blood vessels across the lifespan. Canadian resources from [Heart & Stroke](#) emphasize fibre-rich foods like whole grains and practical strategies for healthier eating patterns. Health Canada guidance also highlights sodium targets to support healthy blood pressure.

Practical food education can make these ideas feel achievable. For example, [Rogers Foods](#) offers accessible explanations of oats, soluble fibre, and how whole grains can fit into everyday meals. Ultimately, it is never too early to care for the heart, as the benefits of healthy eating are cumulative. The sooner heart-healthy habits become normal, the more protection the heart receives over a lifetime.

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VALENTINE'S DAY GIVEAWAY

🍷 ULTIMATE VALENTINE'S GIVEAWAY! 🍷



VALENTINE'S GIVEAWAY 🍷

Rogers Foods is thrilled to partner with Tracy Irwin, a Food Network Champion, taking, top spot on The Big Bake Holiday and also placing second on Winner Cake All.

🍷 GRAND PRIZE

- A custom-designed Valentine-inspired 18-cookie gift box, personally created by Tracy
- Design coordinated directly with the winner
- Cookies couriered to the recipient
- PLUS a gift card to attend one of Tracy's decorating classes in the Fraser Valley

🍷 RUNNER-UP PRIZES

- Two additional winners will each receive a gift card to attend Tracy's decorating classes

🍷 HOW TO ENTER

- ✓ Follow @rogersgrains on Facebook or @rogersfoods on Instagram
- ✓ Follow @sugarcakecookiesmacarons
- ✓ Like this post
- ✓ Tag a friend and leave a 🍷 message for extra entries

🍷 Help us launch Tracy's exciting new business by sharing and using #UltimateValentinesGiveaway #MadeWithRogers

🍷 Contest Dates

- Opens: January 22, 2026 at 9:00 AM PT
- Grand Prize Winner Drawn: February 4, 2026
- Runner-Up Winners Drawn: February 15, 2026

🍷 Open to Canadian residents, 18+. This promotion is not sponsored or endorsed by Meta / Facebook.

