



# ROGERS FOODS NEWSLETTER

Bake | Learn | Share

## Recipes of the Month

### SPRING BAKING RECIPES

- [Matcha Tiramisu with Homemade Ladyfingers](#)
- [Whole Wheat Oatmeal Chocolate Chunk Cookies with Salted Date Caramel Drizzle](#)
- [Lemon Raspberry Oat Crumble Muffins](#)
- [Carrot Cake Breakfast Loaf with Orange Glaze](#)
- [Strawberry Rhubarb Wheat Germ Coffee Cake](#)

### PUPPY BAKING TREATS

- [Sweet Potato Wheat Germ Dog Treats](#)
- [Peanut Butter and Banana Dog Treats](#)
- [Carrot Pumpkin Oat Square Dog Treats](#)

### WELLNESS CORNER

#### CAREER OPPORTUNITIES

#### PUPPY DAY CONTEST WINNERS

## SPRING BAKING IS HERE!

### SPRING BAKING RECIPES

- *Matcha Tiramisu with Homemade Ladyfingers*
- *Whole Wheat Oatmeal Chocolate Chunk Cookies with Salted Date Caramel Drizzle*
- *Lemon Raspberry Oat Crumble Muffins*
- *Carrot Cake Breakfast Loaf with Orange Glaze*
- *Strawberry Rhubarb Wheat Germ Coffee Cake*

### MORE PUPPY BAKING TREATS

We are also continuing the fun with more homemade treats for your four-legged family members, including:

- *Sweet Potato Wheat Germ Dog Treats*
- *Peanut Butter and Banana Dog Treats*
- *Carrot Pumpkin Oat Square Dog Treats*

### WELLNESS CORNER

In this month's Wellness Corner, Tammy-Lynn McNabb, RHNP, shares a heartfelt reflection for Stress Awareness Month. With personal insight and practical guidance, she explores how stress can affect the body, and simple ways to support overall wellness through nourishment and daily habits.

### ROGERS CAREER OPPORTUNITIES

We are also highlighting career opportunities at Rogers Foods. If you are interested in joining a proudly Canadian company with a long-standing tradition of quality and care, this is a great time to learn more.

### PUPPY DAY CONTEST WINNERS

Thank you to everyone who entered and shared their adorable pups with us. A special thank you to our generous contest partners for helping make it such a success.

We hope this month's newsletter brings you inspiration, warmth, and plenty of reasons to bake, share, and enjoy the season.

# MATCHA TIRAMISU WITH HOMEMADE LADYFINGERS



Light, airy ladyfingers + a creamy mascarpone filling + a gorgeous matcha finish. A show-stopping no-bake dessert that feels fancy, but is totally doable at home - using **ROGERS No Additive All Purpose Flour**.

**Prep Time:** Ladyfingers: 35–45 minutes. **Chill time:** minimum 6 hours (best overnight)

**Cook Time:** 10-12 minutes

**Total Time:** 7 hours

**Servings:** 8–10 (one 8x8 inch / 20x20 cm pan). You can also use a loaf pan or an 8-inch (20 cm) round dish.

## INGREDIENTS:

- 4 large eggs, separated (room temperature)
- 1/2 cup (100 g) granulated sugar, divided
- 1 tsp (5 mL) vanilla extract
- 1 cup (125 g) **ROGERS FOODS No Additive All Purpose Flour** or any of our **AP/Organic Flours**

- 1/2 tsp baking powder
- Pinch of salt
- Icing sugar, for dusting (optional)
- Matcha “Soak”
- 1 1/2 cups (375 mL) hot water
- 2–3 Tbsp matcha powder (culinary or latte-grade)
- 2–3 Tbsp granulated sugar or honey (to taste)
- Optional: 1 tsp (5 mL) vanilla extract
- Mascarpone Cream
- 1 cup (250 mL) heavy whipping cream (35%)
- 1/3–1/2 cup (65–100 g) granulated sugar (to taste)
- 1 tsp (5 mL) vanilla extract
- 2 cups (450–500 g) mascarpone, cold
- Pinch of salt
- Finish
- 1–2 Tbsp matcha powder, for dusting

## INSTRUCTIONS

- **Homemade Ladyfingers**
- 4 large eggs, separated (room temperature)
- 1/2 cup (100 g) granulated sugar, divided
- 1 tsp (5 mL) vanilla extract
- 1 cup (125 g) **ROGERS FOODS No Additive All Purpose Flour**
- 1/2 tsp baking powder
- Pinch of salt
- Icing sugar, for dusting (optional but pretty)

### Matcha “Soak”

- 1 1/2 cups (375 mL) hot water
- 2–3 Tbsp matcha powder (culinary or latte-grade)
- 2–3 Tbsp granulated sugar or honey (to taste)
- Optional: 1 tsp (5 mL) vanilla extract

### Mascarpone Cream

- 1 cup (250 mL) heavy whipping cream (35%)
- 1/3–1/2 cup (65–100 g) granulated sugar (to taste)
- 1 tsp (5 mL) vanilla extract
- 2 cups (450–500 g) mascarpone, cold
- Pinch of salt

## Finish

- 1–2 Tbsp matcha powder, for dusting

## Make the Ladyfingers

1. **Preheat + prep**- Preheat oven to 350°F (175°C). Line 2 baking sheets with parchment.
2. **Whip the egg whites** in a clean bowl. Beat egg whites with a pinch of salt until foamy. Gradually add about half the sugar, beating until glossy and firm peaks form.
3. **Whip the yolks** - In a second bowl, beat egg yolks with the remaining sugar until pale and thick. Mix in vanilla.
4. **Combine** - Gently fold the yolk mixture into the whites (don't deflate too much).
5. **Fold in dry ingredients** - Whisk ROGERS No Additive All Purpose Flour with baking powder. Sift it over the batter and fold gently just until no streaks remain.
6. **Pipe or spoon** - Transfer batter to a piping bag (or use a spoon). Pipe 3–4 inch (8–10 cm) strips, spaced apart.
7. **Dust + bake** - Optional: dust lightly with icing sugar. Bake 10–12 minutes, until set and lightly golden at the edges.
8. **Cool** - Cool completely before assembling tiramisu.

**Tip:** If you want slightly sturdier ladyfingers for layering, bake 1–2 minutes longer (still keep them light).

## Make the Matcha Soak

1. Whisk matcha powder with a splash of hot water to make a smooth paste.
2. Add remaining hot water and sweetener. Whisk until fully dissolved.
3. Cool to room temperature (warm soak can melt the cream layer).

## Make the Mascarpone Cream

1. **Whipped cream** - Beat heavy cream with sugar and vanilla until soft-to-medium peaks form.
2. **Add mascarpone** - Add cold mascarpone and a pinch of salt. Beat on low, then medium, just until smooth and thick (don't overmix or it can curdle).

## Assemble the Matcha Tiramisu

1. **Dip ladyfingers quickly** - One at a time, dip ladyfingers into the matcha soak 1–2 seconds per side. (Quick dip = not soggy.)
2. **Layer** - Arrange a single layer in your pan. Spread half the mascarpone cream over the top.
3. **Repeat** - Add a second layer of dipped ladyfingers, then the remaining mascarpone cream.
4. **Chill** - Cover and refrigerate at least 6 hours, ideally overnight.
5. **Finish** - Right before serving, dust generously with matcha powder.

## Storage

- Keep covered in the fridge up to 3 days. Best texture is day 2 (the layers set beautifully).

# WHOLE WHEAT OATMEAL CHOCOLATE CHUNK COOKIES WITH SALTED DATE CARAMEL DRIZZLE



If you are a fan of anything caramel, these cookies aim to please. The whole-wheat flour adds a texture that pairs well with the chunky chocolate. A must try!

**Prep Time:** 15 minutes

**Cook Time:** 9-12 minutes

**Total Time:** 25 minutes

**Servings:** 14 cookies

## INGREDIENTS

### Cookies

- 1/3 cup melted coconut oil, cooled (so it's liquid but not hot)
- 1/2 cup brown sugar

- 1/4 cup coconut sugar (*or use more brown sugar if you prefer*)
- 1 tsp vanilla extract
- 1/4 tsp almond extract (*optional*)
- 1 large egg, room temperature
- **3/4 cup ROGERS FOODS Whole Grain Whole Wheat Flour** (*see note for softer cookies*)
- **1 cup ROGERS FOODS Large Flake Oats**
- 1/2 tsp baking soda
- 1/4 tsp salt
- 6 oz dark chocolate, chopped (or about 1 cup chocolate chips)

### **Salted Date Caramel Drizzle**

- 8 Medjool dates, pitted
- 1/4 cup heavy cream warmed (plus more if needed)
- 1/2 tsp vanilla extract
- 1/4 tsp sea salt, plus more to taste
- 1 teaspoon flaky sea salt

### **Or if you want regular Salted Caramel:**

- 1 cup (199g) granulated sugar
- 1/2 cup (113ml) water
- 1/2 cup (113g) unsalted butter
- 1/2 cup (113ml) heavy cream
- 1 tablespoon pure vanilla extract
- 1 teaspoon flaky sea salt

## **INSTRUCTIONS**

### **1) Make the cookie dough**

- Heat oven to 350°F (177°C) and line a baking sheet with parchment.
- In a bowl, stir together coconut oil, brown sugar, coconut sugar, vanilla (and almond extract if using), and the egg until creamy and well mixed.
- In a second bowl, whisk **ROGERS FOODS Whole Grain Whole Wheat Flour**, **ROGERS FOODS Large Flake Oats**, baking soda, and salt.
- Add dry ingredients to wet and mix until a dough forms. Fold in chopped dark chocolate.

### **2) Scoop and bake**

- Scoop into 1-inch balls (or use a cookie scoop) and place about 2 inches apart.

- Bake 9–12 minutes, until edges are lightly golden. Cool on the tray for a few minutes, then move to a rack.

### **3) Make the salted date caramel**

- Warm milk until very hot (not boiling).
- Add dates, vanilla, and salt and blend until smooth. Add a splash more milk only if needed to get it moving, keeping it thick (not runny).

### **4) Drizzle and serve**

Drizzle over cooled cookies. Store extra caramel in the fridge up to a week.

### **Rogers Test-Kitchen Notes**

- Softer, less “hearty” texture: use 1/2 cup ROGERS FOODS Whole Wheat Flour + 1/4 cup ROGERS FOODS No Additive All Purpose Flour (same total 3/4 cup).
- Thicker cookies: add a few extra tablespoons of ROGERS oats.
- Important: Use a room-temperature egg so the coconut oil doesn’t seize.

# LEMON RASPBERRY OAT CRUMBLE MUFFINS

Bright, soft, and lightly sweet, these muffins feel perfect for spring mornings or Easter weekend brunch.

**Prep Time:** 15 minutes

**Cook Time:** 22 minutes

**Total Time:** 37 minutes

**Servings:** 12 muffins

## INGREDIENTS

### Muffins

- 2 cups **ROGERS FOODS ALL PURPOSE FLOUR** + 1 tbsp for raspberries
- 1/2 cup **ROGERS FOODS LARGE FLAKE OATS**
- 3/4 cup sugar
- 1 tbsp baking powder
- 1/2 tsp salt
- 2 eggs
- 3/4 cup milk
- 1/2 cup melted butter
- 1 tsp vanilla
- Zest of 1 lemon
- 1 1/2 cups fresh or frozen raspberries

### Crumble Topping

- 1/3 cup **ROGERS FOODS LARGE FLAKE OATS**
- 1/4 cup brown sugar
- 1/4 cup flour
- 3 tbsp cold butter



## INSTRUCTIONS

1. Preheat oven to 375°F and line a muffin tin with paper cups.
2. In a large bowl, whisk together flour, oats, sugar, baking powder, and salt.
3. In another bowl, whisk eggs, milk, melted butter, vanilla, and lemon zest.
4. Add wet ingredients to dry ingredients and stir just until combined. Toss blueberries in 1 tbsp of flour, then fold them in.
5. For the crumble, mix oats, brown sugar, flour, and butter until crumbly.
6. Divide the batter into muffin cups and sprinkle the crumble over the tops.
7. Bake for 20 to 24 minutes, until golden, and a toothpick comes out clean.

# CARROT CAKE BREAKFAST LOAF WITH ORANGE GLAZE

A spring-inspired loaf with warm spice, tender carrot crumb, and a bright citrus glaze.

**Prep Time:** 20 minutes

**Cook Time:** 55 minutes

**Total Time:** 1 hour 15 minutes

**Servings:** 10 slices

## INGREDIENTS

- 1 3/4 cups **ROGERS FOOD ALL PURPOSE FLOUR** (or any of our AP/Organic Flours)
- 1/2 cup **ROGERS FOODS Oat Bran**
- 3/4 cup brown sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp salt
- 2 eggs
- 1/2 cup oil
- 1/2 cup applesauce
- 1 tsp vanilla
- 2 cups finely grated carrots
- 1/2 cup chopped walnuts or pecans, optional



## Orange Glaze

- 1 cup icing sugar
- 2 to 3 tbsp orange juice

- 1 tsp orange zest

## **INSTRUCTIONS**

1. Preheat oven to 350°F. Grease or line a loaf pan.
2. In a large bowl, whisk together flour, oat bran, brown sugar, baking powder, baking soda, cinnamon, nutmeg, and salt.
3. In a separate bowl, whisk eggs, oil, applesauce, and vanilla.
4. Stir wet ingredients into dry ingredients until just combined. Fold in carrots and nuts, if using.
5. Pour batter into prepared loaf pan.
6. Bake for 50 to 60 minutes, or until a tester inserted in the centre comes out clean.
7. Cool completely.
8. Whisk glaze ingredients together and drizzle over the loaf while still warm (not hot).

# STRAWBERRY RHUBARB WHEAT GERM COFFEE CAKE

Tender, fruity, and topped with a buttery streusel, this coffee cake is ideal for spring entertaining.

**Prep Time:** 20 minutes

**Cook Time:** 45 minutes

**Total Time:** 1 hour 5 minutes

**Servings:** 9 squares

## INGREDIENTS

### Cake

- 2 cups **ROGERS FOODS ALL PURPOSE**
- 1/3 cup **ROGERS FOODS WHEAT GERM**
- 3/4 cup sugar
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup softened butter
- 2 eggs
- 3/4 cup sour cream or plain Greek yogurt
- 1 tsp vanilla
- 1 cup diced strawberries
- 1 cup chopped rhubarb

### Streusel

- 1/2 cup **ROGERS FOODS ALL PURPOSE**
- 1/3 cup brown sugar
- 1/4 cup **ROGERS FOODS WHEAT GERM**
- 1 tsp cinnamon
- 1/4 cup cold butter



## INSTRUCTIONS

1. Preheat oven to 350°F and grease an 8 x 8-inch baking pan.
2. In a bowl, whisk together flour, wheat germ, sugar, baking powder, and salt.
3. Add butter, eggs, sour cream, and vanilla. Mix until just combined.
4. Fold in strawberries and rhubarb.
5. Spread batter into the prepared pan.
6. For the streusel, combine flour, brown sugar, wheat germ, cinnamon, and butter until crumbly. Sprinkle over batter.
7. Bake for 40 to 45 minutes, until golden and set in the centre.
8. Cool slightly before slicing.

# SWEET POTATO WHEAT GERM DOG TREATS

**PREP TIME:** 15 minutes

**BAKE TIME:** 25 to 30 minutes

**YIELD:** 16 to 20 biscuits

## INGREDIENTS:

- 1 cup **ROGERS FOODS ALL PURPOSE FLOUR**
- 1/2 cup **ROGERS FOODS WHEAT GERM**
- 3/4 cup cooked mashed sweet potato
- 1 egg
- 2 tbsps water, or as needed

## INSTRUCTIONS:

1. Preheat oven to 325°F (160°C). Line a baking sheet with parchment paper.
2. In a bowl, combine Rogers Foods All Purpose Flour and Rogers Foods Wheat Germ.
3. Add mashed sweet potato and egg. Mix until combined.
4. Add water, if needed, to form a rollable dough.
5. Roll the dough out to about 1/4-inch thickness and cut into desired shapes.
6. Place on prepared baking sheet and bake for 25 to 30 minutes.
7. For firmer biscuits, bake an additional 5 minutes.
8. Cool completely before serving.

## STORAGE:

Let treats cool completely before storing. Keep in an airtight container in the fridge for up to 1 week, or freeze. Separate layers with parchment paper so they do not stick together. Thaw at room temperature for 10 to 15 minutes before serving. Always introduce new treats gradually and check with your veterinarian if your dog has allergies, sensitivities, or special dietary needs.



# PEANUT BUTTER AND BANANA DOG TREATS

**PREP TIME:** 10 minutes

**BAKE TIME:** 30 to 40 minutes

**YIELD:** 20 large or 40 small treats

## INGREDIENTS:

- 1 3/4 cups **ROGERS FOODS WHOLE WHEAT FLOUR**
- 1/2 cup **ROGERS FOODS LARGE FLAKE OATS**
- 1/4 cup ground flaxseed
- 1/2 cup creamy peanut butter
- 1 tbsp honey
- 1 cup mashed bananas (approx. 2 small bananas)
- 1 large egg
- Beaten egg for glaze (optional)

## INSTRUCTIONS:

1. Preheat oven to 325°F. Line a cookie sheet with parchment or a silicone baking mat.
2. Put egg, peanut butter, honey, and mashed banana into a bowl and mix well.
3. In a second bowl, mix together flour, oats, and ground flaxseed.
4. Add liquid ingredients to the dry ingredients. Mix well. Let rest for 5 minutes.
5. Use your hands to form the dough into a ball. If too sticky, add a little more flour.
6. Turn out the dough onto a floured work surface.
7. Use a floured rolling pin to roll the dough out to 1/2-inch thickness.
8. Use a cookie cutter or cut into desired shapes.
9. If using glaze, beat one egg and brush it over the treats.
10. Bake at 325°F for approximately 30 minutes, or longer for crunchier treats.
11. Remove from oven and allow to cool completely on a baking rack.



## STORAGE:

Let treats cool completely before storing. Keep in an airtight container in the fridge for up to 1 week, or freeze. Separate layers with parchment paper so they do not stick together. Thaw at room temperature for 10 to 15 minutes before serving. Always introduce new treats gradually and check with your veterinarian if your dog has allergies, sensitivities, or special dietary needs.

# CARROT PUMPKIN OAT SQUARE DOG TREATS



**PREP TIME:** 10 minutes

**BAKE TIME:** 25 to 30 minutes

**YIELD:** 16 to 64 squares

## **INGREDIENTS:**

- 1 cup **ROGERS FOODS LARGE FLAKE OATS**
- 1/2 cup **ROGERS FOODS OAT BRAN**
- 1/2 cup pumpkin purée
- 1/2 cup finely grated carrot
- 1 egg
- 2 tbsp unsweetened applesauce

## **INSTRUCTIONS:**

1. Preheat oven to 325°F (160°C). Line an 8x8-inch baking pan with parchment paper.
2. In a medium bowl, combine Rogers Foods Large Flake Oats, Rogers Foods Oat Bran, pumpkin purée, grated carrot, egg, and applesauce.
3. Mix well and let stand for 5 minutes to allow oats to absorb moisture.
4. Press mixture evenly into prepared pan.
5. Bake for 25 to 30 minutes, or until set and lightly firm.
6. To get perfect even squares, press the dough firmly into the pan and score lines with a butter knife before baking. Do not cut all the way through.
7. For an 8x8 pan, score 8 lines across and 8 down for 64 small treats, or 5 lines for 25 medium treats.
8. Halfway through baking, about 15 minutes, lightly press the knife along the scored lines again.
9. Cool completely, then cut into squares before serving.

## **STORAGE:**

Let treats cool completely before storing. Keep in an airtight container in the fridge for up to 1 week, or freeze. Separate layers with parchment paper so they do not stick together. Thaw at room temperature for 10 to 15 minutes before serving. Always introduce new treats gradually and check with your veterinarian if your dog has allergies, sensitivities, or special dietary needs.



## WELLNESS CORNER

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

# APRIL IS STRESS AWARENESS MONTH: BE KIND TO YOUR MIND

April is Stress Awareness Month in Canada, and I believe it's something many of us should take more seriously. Stress is so widespread that we often dismiss it as just part of life, but the reality is that ongoing stress can affect much more than our mood. It can influence sleep, digestion, immunity, eating habits, and long-term health. Stress Awareness Month aims to encourage Canadians to take steps to manage stress and seek support when necessary.

Life isn't always easy. We all bear responsibilities, emotions, disappointments, deadlines, and worries that aren't always visible on the surface. Over the past two years, I've experienced the loss of two very important people in my life, and those moments forced me to stop and really consider what stress was doing to my health. Like many, I kept pushing forward. I kept functioning, showing up, and doing what needed to be done. But eventually, I had to ask myself an honest question: was I truly coping, or was I just surviving?

As a Registered Holistic Nutritionist, I know the body has its own way of speaking when stress is too high for too long. It does not always arrive dramatically. Sometimes it starts with poor sleep, headaches, digestive upset, low energy, cravings, irritability, or just feeling like your body is not bouncing back the way it used to. Chronic stress is associated with symptoms such as stomach aches, insomnia, depression, canker sores, hair loss, poor eating habits, and, over time, it may contribute to more serious issues such as high blood pressure, heart disease, stroke, and immune complications.

That is why I believe this month is such a good reminder to check in with ourselves.



## **Recognizing Stress-Related Illness**

Many people do not immediately connect their physical symptoms to stress. They assume they are just tired, hormonal, run down, or getting older. But stress can influence nearly every system in the body.

Some of the most common signs I encourage people to watch for include trouble sleeping, brain fog, low patience, emotional reactivity, digestive discomfort, tension headaches, low immunity, sugar cravings, and feeling overwhelmed by things that would normally feel manageable. Stress can also contribute to unhealthy coping patterns like skipping meals, eating poorly, drinking more alcohol or recreational drugs, or relying too heavily on caffeine.

When your body keeps sending signals, it is worth paying attention.

### **How to Recognize Stress in the Body**

Stress is not always obvious. It does not always feel like panic or anxiety. Sometimes it shows up as:

- trouble sleeping
- headaches or muscle tension
- bloating or digestive discomfort
- low energy or burnout
- brain fog or poor concentration
- getting sick more often
- irritability or emotional reactivity
- relying on sugar, caffeine, or convenience foods to get through the day

## **Why Immune Health Matters During Stress**

One of the biggest lessons I have learned personally is that stress does not stay in one lane. It affects the whole body.

When stress becomes chronic, the body spends too much time in a heightened state. You may not digest food as well. Sleep quality may decline. Inflammation may increase. Your body may not feel as resilient or as steady. Over time, that can leave your immune system more vulnerable. The Blue Cross notes that chronic stress can contribute to immune and circulatory complications, which is one more reason it deserves our attention.

Supporting the immune system is not about chasing perfection. It is about creating a stronger foundation. That means better sleep, more nourishment, more rest, better boundaries, and more daily habits that help the body feel safe and supported.

## **The Gut Health Connection**

Gut health is another area that often gets overlooked when talking about stress.

When we're stressed, digestion can become slow or irritated. Some people notice bloating, constipation, changes in appetite, or a more sensitive stomach. Others lose interest in food entirely or reach for whatever is quick and convenient. Over time, this can really affect how we feel each day. For me personally, it showed up as bloating and weight gain around my midsection, which was a clear sign that something in my body was not quite right.

This is why I often return to simple, grounding foods that help nourish the body steadily. Fibre-rich foods, whole grains, oats, bran, and balanced homemade meals can support digestive health and provide a more stable nutritional base. At Rogers Foods, we believe in the value of wholesome ingredients and everyday nourishment, which I truly think matters. During stressful times, simple foods made from real ingredients can feel comforting, supportive, and practical.

Sometimes wellness doesn't start with something complicated. It can begin with a warm bowl of oatmeal, a homemade muffin, a hearty soup, a piece of fruit, or simply making sure you sit down to eat a balanced meal instead of rushing on coffee and adrenaline (that was me!). I'm not a breakfast person, but I've made it a habit to have a small bowl of healthy grain porridge oats or oatmeal. Nothing huge, just enough to give my body some simple nutrients to kick-start my day. The difference is noticeable.

## **What Stress Taught Me About Self-Care**

If there is one thing grief and stress have taught me, it is that self-care is not selfish.

I think many people are taught to keep going no matter what. We take care of families, jobs, homes, deadlines, and everyone else's needs, often while quietly ignoring our own. But there comes a point where the body asks us to stop pretending we are fine.

Self-care does not have to mean something expensive or elaborate. Sometimes it means going to bed earlier (my favourite thing to do these days). Sometimes it means saying no (still learning). Sometimes it means asking for help, taking a walk, shutting off your phone for an hour, or feeding yourself properly.

The Blue Cross also highlights that women often experience unique stressors related to societal expectations, work-life balance, caregiving, and hormonal changes, and it encourages making time for activities that bring joy and relaxation.

That message really resonates with me.

## **Simple Ways to Reduce Stress**

When life feels overwhelming, I believe the best tools are often the simplest ones. Here are a few practical ways to support your body and mind during stressful times:

**Start by identifying your triggers.**

What is actually causing your stress right now? Is it grief, finances, work pressure, relationship strain, poor sleep, or simply taking on too much? Once you name the source, it becomes easier to respond to it. Medavie Blue Cross recommends identifying the problem as a first step toward lowering stress.

### **Eat regularly.**

Eat more regularly and more intentionally. Stress can throw off appetite and lead to poor eating habits, but regular meals with fibre, protein, and nourishing ingredients help support steadier energy and mood.

### **Move your body.**

Physical activity helps reduce tension. You do not have to do an intense workout for movement to help. A walk outside, stretching, gardening, or a gentle fitness routine can help reduce tension. Physical activity is one of the recommended strategies for stress reduction.

### **Pause and breathe.**

Deep breathing, reflection, meditation, and progressive relaxation can calm the nervous system and help silence the constant mental noise.

### **Unplug for a while.**

Disconnect from the constant input. We live in a 24/7 world, but we do not have to always be on. Taking even an hour away from screens and notifications can make a meaningful difference. Try unplugging daily rather than staying constantly connected.

### **Make room for joy.**

Take a mental break. Read, bake, walk, journal, listen to music, or return to a hobby. A mental shift can create enough breathing room to make problems feel more manageable. I started indoor gardening, which isn't my usual style, but now I'm hooked on exotic and rare plants. Unfortunately, I've killed a few along the way, but I find that it really helps me relax.

### **Ask for help.**

Lean on support. Talking to a friend, family member, counsellor, or health professional can help relieve pressure and remind you that you do not have to carry everything alone.

## **A Reminder for This Month**

This April, I encourage you to be honest with yourself.

How is stress showing up in your body?

What has it been costing you?

What is one small thing you can do this week to support your health?

You do not have to overhaul your life overnight. Start small. Start with one nourishing meal. One earlier bedtime. One walk. One conversation. One boundary. One moment of rest.

Stress may be part of life, but constant depletion should not be. This month is a chance to take a step back, care for yourself more intentionally, and remember that your health matters too.

And sometimes the most powerful form of self-care is simply choosing to nourish yourself, body and mind, a little better each day.

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✦ WINNERS ANNOUNCED! ✦

# National Puppy Day Giveaway

Our very first Rogers Foods National Puppy Day Giveaway has come to a close and we are so excited to celebrate these adorable winners. 🐶 ✨ 🐶 ✨



## GRAND PRIZE



@Maui.the.bernedoodle



## RUNNERS-UP

@jojoz238 – Jolie

@roxanareid – Frankie



@jojoz238 – Jolie

**Congratulations to all of our winners.** 🎉 Please reach out directly to each of our sponsoring brands to arrange delivery of your amazing prizes.

A huge thank you to everyone who entered and shared their beautiful pups with us. We loved seeing every single one 🐾 ❤️

And a very special THANK YOU to our incredible partners for making this giveaway possible with their generous prizes:

- 🐾 rogersgrains   🐾 sugarcakecookiesmacarons   🐾 nznaturalpetfood  
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# CAREERS AT ROGERS FOODS

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

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

Rogers Foods requires a minimum of a Grade 12 education/or equivalency. 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 has the ability to build and maintain 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:

[rogersshr@rogersfoods.com](mailto:rogersshr@rogersfoods.com)

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

## **Flour Packer**

Spallumcheen, Full-time

[VIEW](#)

## **Shift Miller**

Chillwack, Full-time

[VIEW](#)

## **Mix Operator**

Spallumcheen, Full-time

[VIEW](#)