



ROGERS FOODS NEWSLETTER

Bake | Learn | Share

Recipes of the Month

SPRING BAKING RECIPES

- [Asparagus, Cheddar & Dill Savoury Muffins](#)
- [Roasted Garlic & Herb Pull-Apart Loaf](#)
- [Oat Waffles with Honey-Orange Berry Compote](#)
- [Brown Butter Honey Madeleines](#)
- [Whole Wheat Spinach & Feta Flatbreads](#)

UNDERSTANDING BLOOD PRESSURE AND PROTECTING YOUR HEART

[Supporting Communities Across British Columbia: The Power of a Simple Staple](#)

CAREER OPPORTUNITIES

ROGERS VOLUNTEERS DO IT AGAIN!

APRIL SHOWERS BRING MAY FLOURS!

SPRING BAKING RECIPES

Celebrate the season with fresh, flavourful baking inspiration. This month’s recipes showcase simple, wholesome ingredients with a spring twist, perfect for weekend brunches and light dinners alike.

- *Asparagus, Cheddar & Dill Savoury Muffins*
- *Roasted Garlic & Herb Pull-Apart Loaf*
- *Brown Butter Honey Madeleines*
- *Oat Waffles with Honey-Orange Berry Compote*
- *Whole Wheat Spinach & Feta Flatbreads*

WELLNESS CORNER

In honour of World Hypertension Day, our Reg. Holistic Nutritionist, Tammy-Lynn McNabb, RHNP, explores the importance of understanding blood pressure and protecting your heart through everyday lifestyle and nutritional choices.

CAREERS AT ROGERS FOODS

Interested in joining the Rogers Foods team? Learn more about current career opportunities and what it means to be part of a proudly Canadian company built on quality, community, and purpose.

THE POWER OF A SIMPLE STAPLE

Discover how a simple ingredient like flour can make a meaningful difference. This month, we highlight our recent donation that supports 38 food banks across British Columbia and the impact it’s having in communities.

ROGERS VOLUNTEERS HARD AT WORK!

We’re proud to spotlight our team members who continue to give back to the communities we serve. This month, we celebrate their efforts in support of the Vedder River Cleanup and the lasting impact of their volunteer work.

ASPARAGUS, CHEDDAR & DILL SAVOURY MUFFINS



Fresh asparagus, sharp cheddar, and dill make these wholesome savoury muffins a perfect spring breakfast or lunchbox treat.

Prep Time: 15 minutes **Bake Time:** 22 minutes **Yield:** 12 muffins

Ingredients

- 1 cup ROGERS FOODS Whole Wheat Flour
- 1 cup ROGERS FOODS All Purpose Flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tbsp fresh dill, finely chopped
- 2 eggs
- 1 cup buttermilk

- ¼ cup unsalted butter, melted and cooled
- 1 cup fresh asparagus, trimmed and cut into ½-inch pieces
- ¾ cup sharp cheddar cheese, grated (divided)
- 2 green onions, thinly sliced

Instructions

1. Preheat oven to 375°F (190°C). Grease a 12-cup muffin tin or line with paper liners.
2. In a large bowl, whisk together both flours, baking powder, baking soda, salt, and dill.
3. In a separate bowl, whisk together eggs, buttermilk, and melted butter until smooth.
4. Pour the wet ingredients into the dry and stir until just combined - do not overmix.
5. Fold in the asparagus, ½ cup of the cheddar, and the green onions.
6. Divide batter evenly among the muffin cups. Sprinkle the remaining ¼ cup of cheddar over the tops.
7. Bake for 20–22 minutes until a toothpick inserted in the centre comes out clean and the tops are golden. Cool in the tin for 5 minutes before transferring to a wire rack.

Notes: These muffins freeze beautifully. Bake a double batch and freeze extras for up to 2 months. Swap dill for chives or thyme if preferred.

STORAGE: Store in an airtight container at room temperature for up to 2 days, in the refrigerator for up to 5 days, or freeze individually wrapped for up to 2 months. Reheat in a 350°F oven for 8–10 minutes or microwave for 30–45 seconds.

ROASTED GARLIC & HERB PULL-APART LOAF



Pillowy, herb-scented, and made to be pulled apart - this showstopper loaf is the perfect centerpiece for your Victoria Day weekend table.

Prep Time: 25 minutes (plus 1 hour 40 minutes rising time) **Bake Time:** 30–35 minutes

Yield: 1 loaf (serves 10)

Ingredients

- 3½ cups ROGERS FOODS All Purpose Flour, plus more for dusting
- 2¼ tsp instant yeast (1 packet)

- 1½ tsp salt
- 1 cup warm water (about 110°F)
- 3 tbsp olive oil, divided
- 1 whole head of garlic
- 3 tbsp unsalted butter, softened
- ¼ cup fresh rosemary, finely chopped
- ¼ cup fresh thyme leaves
- ½ tsp flaky sea salt, for topping

Instructions

1. **Roast the garlic:** Slice the top off the head of garlic, drizzle with 1 tsp olive oil, wrap in foil, and bake at 400°F for 30-40 minutes or until soft and caramelized. Set aside to cool, then squeeze out the cloves and mash with a fork.
2. In a large bowl, combine flour, yeast, and salt. Add 1 cup warm water and 2 tbsp olive oil. Mix until a shaggy dough forms, then knead on a lightly floured surface for 8 minutes until smooth and elastic.
3. Place the dough in a lightly oiled bowl, cover, and let it rise in a warm spot for 1 hour, until doubled.
4. Mix the mashed roasted garlic with the softened butter, rosemary, and thyme to make the herb butter.
5. Punch down the dough and roll it into a 12x16-inch rectangle. Spread the herb-garlic butter evenly over the surface. Cut the dough into rough 3x3-inch squares. Stack squares in groups of 4-5 and layer them, edge-to-edge, into a greased 9x5-inch loaf pan.
6. Cover and let rise for 40 minutes until puffed. Preheat oven to 375°F. Brush the top with the remaining 1 tsp olive oil and scatter flaky sea salt over top.
7. Bake for 30-35 minutes until deep golden brown and hollow-sounding when tapped. Cool in the pan for 10 minutes before turning out. Pull apart to serve.

Notes: The dough can be made the night before - complete the first rise in the fridge overnight, then bring to room temperature before shaping.

STORAGE: Store wrapped tightly in foil or in an airtight container at room temperature for up to 2 days. To refresh, wrap in foil and warm in a 350°F oven for 10-12 minutes. Freeze-bake the loaf, wrap in foil, and refrigerate for up to 1 month; thaw at room temperature before reheating.

OAT WAFFLES WITH HONEY-ORANGE BERRY COMPOTE

Crispy, golden, and packed with oats - these waffles are weekend-morning magic, topped with a bright spring berry compote that comes together in minutes.

Prep Time: 15 minutes **Cook Time:** 20–25 minutes **Yield:** 8–9 waffles

Ingredients

Waffles

- 1 cup ROGERS FOODS All Purpose Flour
- ½ cup ROGERS FOODS Porridge Oats Original Blend
- 2 tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- ¼ tsp salt
- 2 large eggs, separated
- 1½ cups buttermilk
- 3 tbsp unsalted butter, melted
- 2 tbsp honey
- 1 tsp vanilla extract



Honey-Orange Berry Compote

- 1 cup mixed fresh berries (strawberries, blueberries, raspberries)
- 3 tbsp honey
- Juice of 1 orange
- Zest of 1 orange, divided

Instructions

1. Preheat the waffle iron. In a large bowl, whisk together flour, oats, baking powder, baking soda, cinnamon, and salt.
2. Separate the eggs. Whisk the yolks with the buttermilk, melted butter, honey, and vanilla in a separate bowl.
3. In a clean bowl, beat the egg whites to stiff peaks.
4. Pour the buttermilk mixture into the dry ingredients and stir until just combined. Gently fold in the egg whites in two additions; a few streaks are fine.
5. For the compote, combine berries, honey, orange juice, and half the zest in a small saucepan over medium heat. Simmer for 3–4 minutes until the berries soften, and the sauce thickens slightly.
6. Cook batter in the preheated waffle iron until golden and crispy, about 4–5 minutes per waffle. Keep finished waffles warm in a 200°F oven on a rack while you complete the batch.
7. Serve topped with warm berry compote and a sprinkle of the remaining orange zest.

Notes: Leftover waffles freeze well, just reheat directly in a toaster for a crispy result. The berry compote is also delicious over yogurt or pancakes.

STORAGE: Store cooled waffles in an airtight container in the refrigerator for up to 3 days or freeze in a single layer, then transfer to a zip-lock bag for up to 2 months. Reheat in a toaster or 375°F oven until crispy. Store compote separately in a sealed jar in the refrigerator for up to 5 days.

BROWN BUTTER HONEY MADELEINES

Light-as-air, with golden edges and a hint of caramel from browned butter — these elegant French-inspired shell cakes are the perfect May afternoon treat.

Prep Time: 20 minutes (plus 1 hour chilling time) **Bake Time:** 11–13 minutes **Yield:** 24 madeleines

Ingredients

- $\frac{3}{4}$ cup ROGERS FOODS All Purpose Flour
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp salt
- 115 g unsalted butter, plus extra for greasing the pan
- 2 tbsp honey
- 2 large eggs
- $\frac{1}{2}$ cup granulated sugar
- 1 tsp vanilla extract
- Zest of 1 lemon
- Powdered sugar, for dusting

Instructions

1. Melt butter in a small saucepan over medium heat, swirling occasionally, until golden brown and nutty, about 4–5 minutes. Remove from heat, stir in honey, and let cool to room temperature.
2. In a small bowl, whisk together flour, baking powder, and salt. Set aside.
3. In a large bowl, whisk eggs, sugar, vanilla, and lemon zest until pale and slightly thickened, about 2 minutes. Fold in the flour mixture until just combined. Stir in the cooled brown butter mixture until smooth.
4. Cover and refrigerate the batter for at least 1 hour (or overnight). Chilling is what creates the signature madeleine hump.
5. Preheat oven to 400°F (205°C). Generously butter the madeleine pan and dust with flour, tapping out any excess.
6. Spoon or pipe batter into moulds, filling each about $\frac{3}{4}$ full. Do not spread - the batter will even out during baking.



7. Bake for 11–13 minutes until the edges are golden and the centres spring back when lightly pressed. Immediately tap the pan against the counter to release the madeleines. Dust with powdered sugar and serve warm.

Notes: Madeleines are best enjoyed the day they are baked. The batter can be made up to 2 days ahead and kept refrigerated.

STORAGE: Best enjoyed the day they are baked. Store in an airtight container at room temperature for up to 2 days — they will soften slightly but remain delicious. Do not refrigerate. Unbaked batter can be stored in the refrigerator for up to 2 days.

WHOLE WHEAT SPINACH & FETA FLATBREADS

A quick, no-yeast flatbread topped with garlicky sautéed spinach and salty feta — ready in under an hour and perfect for a light May dinner or alongside spring soups.

Prep Time: 20 minutes (plus 30 minutes resting time) **Cook Time:** 15–18 minutes **Yield:** 6 flatbreads

Ingredients

Dough

- 1½ cups ROGERS FOODS Whole Wheat Flour
- ½ cup ROGERS FOODS All Purpose Flour
- 1 tsp baking powder
- ½ tsp salt
- ¾ cup plain Greek yogurt
- 2 tbsp olive oil

Topping

- 2 cups baby spinach, roughly chopped
- ½ cup feta cheese, crumbled
- 2 cloves garlic, minced
- 1 tbsp olive oil
- ¼ tsp red pepper flakes
- ¼ tsp black pepper
- 2 tbsp pine nuts (optional)



Instructions

1. In a large bowl, whisk together both flours, baking powder, and salt. Add the Greek yogurt and olive oil; mix until a soft dough forms. Knead briefly in the bowl until smooth. Cover and let rest for 30 minutes.
2. Preheat oven to 425°F (220°C). Line two baking sheets with parchment paper.
3. Warm 1 tbsp olive oil in a skillet over medium heat. Add garlic and cook for 30 seconds until fragrant. Add the spinach and toss until just wilted, about 1–2 minutes. Season with red pepper flakes and black pepper. Remove from heat.
4. Divide the dough into 6 equal portions. On a lightly floured surface, roll each portion into a thin oval or round, about 1/8-inch thick. Transfer to prepared baking sheets.
5. Divide the spinach mixture evenly over each flatbread. Top with crumbled feta and pine nuts if using.
6. Bake for 15–18 minutes until the edges are crisp and golden, and the feta is lightly browned.
7. Serve warm, drizzled with a little extra olive oil if desired.

Notes: These flatbreads are best served fresh from the oven. Swap spinach for arugula, or add sliced cherry tomatoes before baking for a colourful variation.

STORAGE: Best served fresh. Store leftover flatbreads in an airtight container or wrapped in foil at room temperature for up to 1 day, or refrigerate for up to 3 days. Reheat in a 400°F oven for 5–7 minutes to restore crispness. Not recommended for freezing once topped and baked.



WELLNESS CORNER

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

MAY 17 IS WORLD HYPERTENSION DAY: UNDERSTANDING BLOOD PRESSURE AND PROTECTING YOUR HEART

By Tammy-Lynn McNabb, RHNP



Each year on May 17, World Hypertension Day reminds us to take a closer look at one of the most important indicators of our overall health: our blood pressure. Often called the “silent killer,” hypertension affects millions of Canadians, many of whom are unaware they have it. The good news is that with awareness, lifestyle choices, and proper nutrition, hypertension can often be prevented or managed effectively.

As a holistic nutritionist, I believe strongly in empowering individuals with knowledge and practical tools to support long-term health. Understanding hypertension is the first step toward protecting your heart and living well.

What Is Hypertension?

Hypertension, or high blood pressure, occurs when the force of blood pushing against the walls of your arteries is consistently too high. Blood pressure is measured using two numbers:

- **Systolic pressure** (top number): the pressure when your heart beats
- **Diastolic pressure** (bottom number): the pressure when your heart rests between beats

A normal blood pressure reading is generally around 120/80 mmHg. Hypertension is typically diagnosed when readings consistently reach or exceed 130/80 mmHg.

It is important to understand that blood pressure fluctuates throughout the day depending on activity, stress levels, hydration, and even posture. Occasional elevated readings are not uncommon, but consistently high readings over time are what signal concern.

Over time, elevated blood pressure can damage blood vessels and vital organs, including the heart, brain, and kidneys. It is a leading risk factor for heart disease, stroke, and other serious conditions.

Who Does Hypertension Affect?

Hypertension does not discriminate. It can affect individuals of all ages, genders, and backgrounds. However, certain groups are at a higher risk:

- Adults over the age of 40
- Individuals with a family history of high blood pressure
- Those who are overweight or inactive
- People experiencing chronic stress
- Individuals with diets high in sodium and low in fibre
- Those living with conditions such as diabetes or kidney disease

Hormonal changes can also play a role, particularly for women during menopause. Younger adults are not immune either, with rising rates linked to modern lifestyle habits.

In Canada, it is estimated that nearly 1 in 4 adults lives with hypertension, and many more are at risk.

What Causes Hypertension?

Hypertension is often the result of a combination of genetic and lifestyle factors. While some causes are beyond our control, many are modifiable:

Poor Diet

Diets high in processed foods, sodium, and unhealthy fats can contribute significantly. Low intake of fibre, potassium, magnesium, and whole foods further increases risk.

Lack of Physical Activity

Sedentary lifestyles weaken the heart and reduce circulation efficiency.

Chronic Stress

Long-term stress increases hormones such as cortisol, which can raise blood pressure and influence unhealthy behaviours.

Excess Body Weight

Carrying extra weight increases the workload on the heart.

Smoking and Alcohol

Both contribute to blood vessel damage over time.

Poor Sleep

Sleep quality plays a critical role. Conditions such as sleep apnea are strongly linked to hypertension.

Signs and Symptoms: Why Awareness Matters

One of the most concerning aspects of hypertension is that it often presents with no obvious symptoms. Many individuals feel completely fine while their blood pressure is elevated.

When symptoms do occur, they may include:

- Headaches
- Dizziness
- Shortness of breath
- Blurred vision
- Chest discomfort

These symptoms usually appear only when blood pressure is dangerously high. This is why regular monitoring is essential. Home devices are accessible and easy to use, and tracking your readings over time provides valuable insight.

What Happens If You Have Hypertension? Medical Management and Long-Term Effects

If hypertension is left untreated, it does not simply remain a number on a chart. Over time, consistently elevated blood pressure places strain on the entire cardiovascular system and begins to damage the body in ways that are often gradual but serious.

How Hypertension Affects the Body

When pressure is consistently high, the inner lining of the arteries becomes damaged. This can lead to narrowed or stiffened arteries and reduced blood flow.

Heart

The heart works harder to pump against increased resistance. Over time, this can lead to an enlarged heart, reduced efficiency, and increased risk of heart attack or heart failure.

Brain

Hypertension increases the risk of stroke and may contribute to cognitive decline by affecting blood flow to the brain.

Kidneys

Damage to the small blood vessels in the kidneys can impair their ability to filter waste, leading to chronic kidney disease.

Eyes

Hypertensive damage to blood vessels in the eyes can lead to vision problems or loss.

Metabolic Health

Hypertension often exists alongside conditions such as insulin resistance and high cholesterol, increasing overall cardiovascular risk.

How Hypertension Is Medically Managed

The goal of treatment is to bring blood pressure into a healthy range and prevent complications.

Monitoring and Diagnosis

Regular checks are essential. Some individuals may use home monitors or 24-hour tracking devices.

Lifestyle Interventions

Healthcare providers often recommend:

- Reducing sodium intake
- Increasing fibre and whole foods
- Regular exercise
- Weight management

- Stress reduction
- Limiting alcohol and avoiding smoking

These are foundational and work alongside any medical treatment.

Medications

When needed, medications help lower blood pressure:

- Diuretics to remove excess fluid
- ACE inhibitors and ARBs to relax blood vessels
- Calcium channel blockers to reduce vessel tension
- Beta blockers to reduce heart workload

Some individuals require a combination approach. Consistency with prescribed treatment is key.

The Long-Term Effects of Uncontrolled Hypertension

Without proper management, hypertension can lead to:

- Heart attack and heart failure
- Stroke and cognitive decline
- Kidney disease
- Vision loss
- Reduced life expectancy

These outcomes can often be prevented with early detection and consistent care.

A Holistic Perspective on Management

Medication plays an important role, but long-term success comes from combining medical care with daily lifestyle habits.

Fibre-rich, whole foods are especially powerful. Incorporating oat bran, wheat bran, and whole wheat flour from Rogers Foods supports:

- Healthy cholesterol levels
- Balanced blood sugar
- Reduced inflammation
- Improved gut health

When paired with exercise and stress management, these habits create a strong foundation for heart health.

Prevention: Small Changes, Big Impact

The encouraging news is that hypertension is largely preventable.

1. Prioritize Whole Foods and Fibre

A diet rich in whole grains, fruits, vegetables, and lean proteins supports healthy blood pressure.

Rogers Foods products, including oat bran, wheat bran, and whole wheat flour, are excellent sources of fibre.

Simple tips:

- Add oat bran to smoothies or yogurt
- Replace white flour with whole wheat flour
- Add wheat bran to baking
- Start your day with whole grain cereal

2. Reduce Sodium Intake

Cook more meals at home, read labels, and use herbs and spices instead of salt.

3. Stay Physically Active

Aim for at least 150 minutes of moderate activity weekly. Even daily walks make a difference.

4. Manage Stress

Incorporate breathing, movement, and rest into your routine. Even small daily practices help.

5. Maintain a Healthy Weight

Focus on sustainable habits rather than quick fixes.

Bringing It All Together: Practical Daily Habits

- Start your day with fibre-rich foods
- Eat balanced meals
- Stay hydrated
- Move regularly

- Monitor your blood pressure
- Prioritize rest and stress management

Consistency is what creates lasting results.

Why It Matters

Hypertension is a leading contributor to heart disease and stroke in Canada, yet it is largely preventable.

By understanding your risk and making informed choices, you can take control of your long-term health.

Final Thoughts

Healthy living is about consistency, awareness, and making supportive choices each day.

Canadian brands like Rogers Foods make it easier to incorporate wholesome, fibre-rich ingredients into your routine while supporting local agriculture.

Your heart works for you every day. Taking care of it is one of the most important investments you can make.

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CHILLIWACK VEDDER RIVER CLEANUP SOCIETY

OUR VOLUNTEER TEAM REMOVED 147.15 METRIC TONNES OF GARBAGE

ROGERS

The average car weighs about 1.5 tonnes - 147.15 tonnes is equal to approximately 98 cars.

An empty Boeing 737-800 weighs around 41 tonnes - 147.15 tonnes is about 3.6 of these planes.

An adult African elephant weighs around 6 tonnes - 147.15 tonnes equals roughly 24 elephants.

Thank You,
TEAM ROGERS!

Your dedication, teamwork, and commitment to giving back truly make a difference. Thank you for helping keep our rivers clean, our wildlife safe, and our communities thriving. 🙌

🌿💙 Thank You, Team Rogers! 💙🌿

We are incredibly proud of our Rogers Foods team members who volunteered their time to support another **Vedder River Cleanup in Chilliwack**.

Since the society's inception, volunteers have helped remove an incredible **147.15 metric tonnes of garbage** from the Chilliwack River Valley. Over the years, these volunteer teams have collected significant amounts of waste from this area, making a lasting impact on our local environment and community.

Your dedication, teamwork, and commitment to giving back truly reflect the values we stand for at Rogers Foods.

Thank you for helping keep our rivers clean, our wildlife safe, and our communities thriving. 🙌

SUPPORTING COMMUNITIES ACROSS BRITISH COLUMBIA: THE POWER OF A SIMPLE STAPLE



At Rogers Foods, we’ve always believed that the most meaningful impact often comes from the simplest acts. Flour is one of those essentials. It is a humble ingredient, yet it plays a powerful role in nourishing families, creating connections, and sustaining communities.

Recently, we had the privilege of supporting Food Banks BC with a significant flour donation distributed to **38 food banks across British Columbia**. This initiative reflects our ongoing commitment to helping ensure that families have access to the basic ingredients needed to prepare wholesome, nourishing meals at home.

We were deeply touched to receive a note of thanks from **Sherri Binks, Manager of Food Programs** at Food Banks BC, who shared how this donation is already making a difference. Along with her message, she included a photo from the Prince George Salvation Army Food Bank, one of the many hubs helping distribute these essential resources throughout the province.

Why Flour Matters More Than Ever

Flour is more than just an ingredient. It is a foundation.

It allows families to make bread, pancakes, muffins, and countless other meals that stretch budgets while providing comfort and nourishment. For many households facing food insecurity, access to staple items like flour can mean the difference between uncertainty and stability.

Food banks across British Columbia are seeing increased demand, and organizations like Food Banks BC play a critical role in supporting communities during these times. Their network ensures that food reaches both urban centres and more remote regions, helping to bridge gaps where support is needed most.

We are proud to contribute to this effort.

A Collective Effort

This donation was not just about Rogers Foods. It was about collaboration and shared purpose.

We would also like to extend our appreciation to Joy at the Lake Country Food Bank for helping connect and coordinate this initiative across the network. It is through partnerships like these that we can amplify our impact and reach more families in need.

The work that food banks do every day often happens quietly, behind the scenes, but its impact is profound. Volunteers, coordinators, and community leaders come together to ensure dignity, care, and support are at the forefront of every interaction.

Looking Ahead

This is just one step in an ongoing journey.

We will continue to look for opportunities to support food security initiatives across Canada and to ensure that our products are accessible to those who need them most. Every bag of flour represents possibility, nourishment, and care, and we are honoured to help bring that to more tables across British Columbia.

To the teams at Food Banks BC, the Prince George Salvation Army Food Bank, and all the organizations involved, thank you for the incredible work you do every day.

And to our community, thank you for supporting Rogers Foods and allowing us to give back in ways that truly matter.

Working together towards a hunger-free British Columbia.

CAREERS AT ROGERS FOODS



Looking for more than just a job? At Rogers Foods, we're proud to offer meaningful careers rooted in quality, community, and purpose.

As a proudly Canadian company with deep roots in agriculture, we connect everything we do to nourishing families and supporting communities across the country. From our milling operations to marketing, sales, and customer support, every role contributes to delivering trusted, high-quality products that Canadians rely on every day.

We believe that a strong company starts with strong people. That's why we are committed to creating a workplace where employees feel valued, supported, and empowered to grow. Our team culture is built on collaboration, respect, and a shared sense of pride in the work we do. Whether you're starting your career or bringing years of experience, Rogers Foods offers opportunities to learn, contribute, and build a rewarding future.

If you're passionate about making a difference and want to be part of a company that truly values its people and its impact, we'd love to hear from you.

Current Positions available:

Miller's Assistant Spallumcheen, Full-time	VIEW
Flour Packer Spallumcheen, Full-time	VIEW

👉 Explore current opportunities: <https://rogersfoods.com/careers-at-rogers-foods/>