



# ROGERS FOODS NEWSLETTER

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## FATHER'S DAY BAKING RECIPES

### Father's Day Recipes

[Blueberry Lemon Oatmeal Bake](#)

[Savoury Whole Wheat Zucchini and Cheddar Muffins](#)

[Asparagus, Goat Cheese and Dill Galette](#)

[Strawberry Shortcake Scones](#)

### Wellness Corner

[Foods To Help Protect Your Skin This Summer](#)

This month, Tammy-Lynn McNabb, RHNP, explores foods that may help support healthy skin during the summer months, including berries, tomatoes, leafy greens, oats, and healthy fats.

### Careers At Rogers Foods

[Careers Opportunities At Rogers Foods](#)

- Maintenance Helper
- Human Resources Assistant
- Miller's Assistant
- Flour Packer

June is a time to celebrate the people who have helped shape our lives. For some, that's a father. For others, it may be a stepdad, grandfather, uncle, brother, coach, teacher, mentor, or family friend who stepped in with guidance, encouragement, and support when it mattered most.

This month's recipe collection is inspired by gathering around the table and sharing good food with the people who make a difference in our lives. Whether you're planning a Father's Day brunch, a backyard family gathering, or simply enjoying a quiet weekend breakfast together, these seasonal recipes are made for creating meaningful moments and lasting memories.

Featuring fresh June ingredients such as blueberries, strawberries, asparagus, zucchini, oats, and whole-wheat flour, this lineup offers something for every table. From a comforting Blueberry Lemon Oatmeal Breakfast Bake and savoury Zucchini & Cheddar Muffins to Strawberry Shortcake Scones and an elegant Asparagus, Goat Cheese & Dill Galette, these recipes celebrate the simple joy of homemade baking and the people we're grateful to share it with.

Happy Father's Day  
from all of us at  
Rogers Foods. ❤️



# BLUEBERRY LEMON OATMEAL BREAKFAST BAKE

**PREP TIME:** 10 minutes

**BAKE TIME:** 40 minutes

**YIELD:** 8 servings

## INGREDIENTS

- 2 1/2 cups **ROGERS FOODS Large Flake Oats**
- 1 tsp baking powder
- 1 tbsp chia seeds
- 1 1/2 tsp cinnamon
- Zest and juice of 1 lemon
- 1 tsp salt
- 1 3/4 cups fresh blueberries
- 1/4 cup chopped almonds or your favourite chopped nut.
- 2 eggs
- 1 1/4 cups milk
- 1/2 cup unsweetened apple sauce
- 1/3 cup pure maple syrup
- 1 tsp vanilla extract
- 1/4 cup melted butter



## INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Grease an 8 x 8-inch baking dish.
2. In a large bowl, whisk together eggs, milk, apple sauce, lemon juice, maple syrup, and vanilla.
3. In a separate bowl, combine oats, chia seeds, baking powder, cinnamon, and lemon zest.
4. Fold in blueberries (reserving 1/4 cup to sprinkle on top).
5. Whisk the melted butter into the wet ingredients, then pour them over the dry ingredients and stir gently until combined. Top with remaining blueberries and chopped almonds.
6. Transfer the mixture to the prepared baking dish.
7. Bake for 35 to 40 minutes, or until set and lightly golden.

8. Cool for 10 minutes before serving. Finish with vanilla yogurt if you like.
9. Serve warm with yogurt, milk, or a drizzle of maple syrup if desired.

## **STORAGE**

Cover and refrigerate for up to 5 days. Reheat individual portions before serving.

# SAVOURY WHOLE WHEAT ZUCCHINI & CHEDDAR MUFFINS

**PREP TIME:** 15 minutes

**BAKE TIME:** 20-22 minutes

**YIELD:** 12 muffins

## INGREDIENTS

- 1½ cups **ROGERS FOODS Whole Wheat Flour**
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp dried dill
- 1 cup zucchini, grated and squeezed dry
- 1 cup sharp cheddar cheese, grated
- 2 green onions, finely sliced
- 2 large eggs
- ¾ cup buttermilk
- ¼ cup olive oil



## INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line a 12-cup muffin pan with paper liners or grease well.
2. In a large bowl, whisk together flour, baking powder, baking soda, salt, and dill.
3. Stir in zucchini, cheddar cheese, and green onions.
4. In a separate bowl, whisk together eggs, buttermilk, and olive oil.
5. Add wet ingredients to dry ingredients and stir just until combined.
6. Divide batter evenly among prepared muffin cups.
7. Bake for 20 to 22 minutes, or until tops are golden and a toothpick inserted in the centre comes out clean.
8. Cool in the pan for 5 minutes before transferring to a wire rack.

## STRAWBERRY SHORTCAKE SCONES



**PREP TIME:** 20 minutes

**BAKE TIME:** 18-20 minutes

**YIELD:** 8 large scones

### INGREDIENTS

#### Scones

- 1 cup **ROGERS FOODS Whole Wheat Flour**
- 1 cup **ROGERS FOODS All Purpose Flour**
- ⅓ cup granulated sugar
- 1 tbsp baking powder
- ½ tsp salt
- ½ cup cold butter, cubed
- 1 cup fresh strawberries, diced
- ¾ cup whipping cream
- 1 tsp vanilla extract

**For Serving**

- 1 cup whipping cream, whipped
- 1 cup sliced strawberries

**INSTRUCTIONS**

1. Preheat oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. In a large bowl, whisk together both flours, sugar, baking powder, and salt.
3. Cut in cold butter until mixture resembles coarse crumbs.
4. Gently fold in diced strawberries.
5. Stir together whipping cream and vanilla. Add to dry ingredients and mix just until dough comes together.
6. Turn dough onto a lightly floured surface and shape into an 8-inch circle.
7. Cut into 8 wedges and place on prepared baking sheet.
8. Bake for 18 to 20 minutes or until golden.
9. Cool completely.
10. Split scones and fill with whipped cream and sliced strawberries before serving.

**STORAGE**

Store baked scones in an airtight container for up to 2 days. Add whipped cream and strawberries just before serving.

# ASPARAGUS, GOAT CHEESE & DILL GALETTE



**PREP TIME:** 25 minutes

**BAKE TIME:** 35-40 minutes

**YIELD:** 6 servings

## INGREDIENTS

### Pastry

- 1 cup **ROGERS FOODS Whole Wheat Flour**
- 1 cup **ROGERS FOODS All Purpose Flour**
- ½ tsp salt
- ½ cup cold butter, cubed
- 5-6 tbsp ice water

### Filling

- 1 bunch of asparagus, trimmed
- 150 g goat cheese, softened
- 1 tbsp fresh dill, chopped
- 1 tsp lemon zest
- 1 tbsp olive oil
- Salt and pepper to taste

## Egg Wash

- 1 egg
- 1 tbsp water

## INSTRUCTIONS

1. Preheat oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine whole wheat flour, all purpose flour, and salt.
3. Cut in butter until mixture resembles coarse crumbs.
4. Gradually add ice water until the dough comes together.
5. Shape into a disc, wrap, and chill for 30 minutes.
6. In a small bowl, mix goat cheese, dill, and lemon zest.
7. Roll the dough into a 12-inch circle on a lightly floured surface, then transfer to the prepared baking sheet.
8. Spread goat cheese mixture over the centre, leaving a 2-inch border.
9. Arrange asparagus over the cheese. Drizzle with olive oil and season with salt and pepper.
10. Fold the edges of the dough over the filling, pleating as needed.
11. Whisk together the egg and water, then brush over the pastry edges.
12. Bake for 35 to 40 minutes, or until crust is golden and asparagus is tender.
13. Cool for 10 minutes before slicing and serving.

## STORAGE

Store covered in the refrigerator for up to 3 days. Reheat in the oven before serving.



## WELLNESS CORNER

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

# FOODS THAT HELP PROTECT YOUR SKIN DURING SUMMER



**S**ummer is a season we eagerly anticipate. Longer days, sunshine, outdoor activities, gardening, beach trips, and backyard gatherings all encourage us to spend more time outdoors. While moderate sun exposure helps our bodies produce vitamin D, too much ultraviolet (UV) radiation can take a toll on our skin.

Most of us know the importance of sunscreen, protective clothing, and seeking shade during peak sunlight hours. However, many people are surprised to learn that nutrition also plays a key role in supporting healthy skin in the summer months.

The foods we eat provide vitamins, minerals, antioxidants, healthy fats, and other beneficial compounds that help protect skin cells from oxidative stress caused by UV exposure. While no food can replace sunscreen or completely prevent sun damage, a nutrient-rich diet can support your skin's natural defences and promote healthy skin from the inside out.

Let's explore some of the best foods to include in your summer diet and how whole grains, fruits, vegetables, and healthy fats can support healthier skin all season long.

## Understanding How Sun Exposure Affects the Skin

When skin is exposed to sunlight, UV rays generate free radicals in the skin. Free radicals are unstable molecules that can damage healthy cells, accelerate skin aging, contribute to wrinkles, and increase inflammation.

Our bodies naturally produce antioxidants that help neutralize free radicals. However, prolonged sun exposure can overwhelm these protective systems. That's where nutrition becomes important.

Many foods contain powerful antioxidants and nutrients that help support the body's ability to combat oxidative stress. A diet rich in colourful fruits, vegetables, whole grains, and healthy fats can help provide the building blocks needed for healthy skin.

## The Role of Antioxidants

Antioxidants help protect cells from damage caused by free radicals. They act as the body's natural defence system, helping to maintain healthy tissues throughout the body, including the skin.

*Some of the most important antioxidants for skin health include:*

- Vitamin C
- Vitamin E
- Beta-carotene
- Lycopene
- Selenium
- Polyphenols

These nutrients are found naturally in many plant-based foods and are most effective when consumed regularly as part of a balanced diet.

## **Berries: Nature's Antioxidant Powerhouses**

Berries are among the richest sources of antioxidants available.

Blueberries, strawberries, raspberries, blackberries, and Saskatoon berries contain anthocyanins, which give them their vibrant colours and antioxidant properties.

These antioxidants help combat oxidative stress and may support healthy skin by protecting cells from environmental damage.

Berries are also an excellent source of vitamin C, which is critical for collagen production. Collagen is the protein that maintains skin structure and elasticity.

*Easy ways to enjoy berries include:*

- Adding them to oatmeal
- Mixing them into yogurt
- Blending them into smoothies
- Topping whole-grain pancakes or waffles
- Enjoying them as a refreshing snack

## **Tomatoes and Watermelon: Rich Sources of Lycopene**

Lycopene is a powerful antioxidant found in red fruits and vegetables, particularly tomatoes and watermelon.

Research suggests that lycopene may help support the skin's natural response to UV exposure by reducing sunlight-induced oxidative stress.

Cooked tomato products such as tomato sauce, roasted tomatoes, and tomato soup often provide even more bioavailable lycopene than raw tomatoes.

Watermelon offers the added benefit of helping with hydration, which is especially important during hot summer weather.

*Try incorporating:*

- Fresh tomatoes in salads

- Homemade salsa
- Tomato-based pasta sauces
- Watermelon slices are a refreshing snack
- Watermelon and berry fruit salads

## Leafy Greens Provide Skin-Supporting Nutrients

Dark leafy greens such as spinach, kale, Swiss chard, and romaine lettuce provide an impressive combination of vitamins and antioxidants.

*These vegetables provide:*

- Vitamin C
- Vitamin E
- Beta-carotene
- Lutein
- Zeaxanthin

Lutein and zeaxanthin are carotenoids that may help support skin health by helping protect cells from oxidative damage.

Leafy greens are also low in calories and high in fibre, making them an excellent addition to any healthy eating plan.

*Consider adding greens to:*

- Smoothies
- Sandwiches
- Salads
- Grain bowls
- Omelettes

## Carrots and Sweet Potatoes for Beta-Carotene

The bright orange colour of carrots and sweet potatoes comes from beta-carotene, a precursor to vitamin A.

Beta-carotene functions as an antioxidant and contributes to healthy skin maintenance.

*Many orange and yellow fruits and vegetables contain beta-carotene, including:*

- Carrots
- Sweet potatoes
- Pumpkin
- Butternut squash
- Cantaloupe

These foods can be easily incorporated into summer meals through salads, roasted vegetable dishes, soups, and side dishes.

## **Healthy Fats Support Skin Hydration**

Healthy fats are essential for maintaining the skin's natural barrier.

When the skin barrier functions properly, it helps retain moisture and protects the skin from environmental stressors.

*Some excellent sources of healthy fats include:*

- Salmon
- Sardines
- Trout
- Walnuts
- Chia seeds
- Flaxseed
- Hemp hearts
- Avocados

Omega-3 fatty acids found in these foods may help support healthy skin by contributing to normal inflammatory responses within the body.

Try adding ground flaxseed or chia seeds to oatmeal, yogurt, muffins, or smoothies for an easy nutritional boost.

## **The Importance of Whole Grains for Skin Health**

When discussing skin health, whole grains are often overlooked. Yet they provide several nutrients that support overall wellness and healthy skin function.

*Whole grains contain:*

- Fibre
- B vitamins
- Vitamin E
- Selenium
- Zinc
- Plant compounds with antioxidant activity

Unlike refined grains, whole grains retain all three parts of the grain kernel: the bran, germ, and endosperm.



The bran and germ contain many of the nutrients and antioxidants that are removed during refining.

Foods made with whole-grain ingredients, such as oats and whole-wheat flour, can support a nutrient-rich eating pattern that promotes skin health.

## **Oats: A Summer Superfood**

Oats deserve special attention because they offer a unique combination of fibre, antioxidants, and minerals.

Oats contain compounds called avenanthramides, antioxidants found almost exclusively in oats. These compounds have been studied for their anti-inflammatory and antioxidant properties.

*Oats also provide:*

- Manganese
- Magnesium
- Zinc
- Iron
- B vitamins

Starting your day with a bowl of oatmeal topped with berries can deliver a powerful combination of skin-supporting nutrients.

*Other ways to enjoy oats include:*

- Overnight oats
- Homemade granola
- Smoothies
- Oat muffins
- Energy bites

## **Whole Wheat Flour Adds Valuable Nutrients**

Whole wheat flour contains the bran and germ of the wheat kernel, making it more nutrient-dense than refined white flour.

*Whole wheat flour provides:*

- Fibre
- B vitamins
- Magnesium
- Zinc
- Selenium

These nutrients support overall health and contribute to normal skin function.

*Summer baking ideas include:*

- Whole wheat muffins
- Whole wheat pancakes
- Fruit-filled loaf cakes
- Whole wheat flatbreads
- Homemade pizza crusts

Pairing whole grains with antioxidant-rich fruits creates delicious recipes that support healthy eating throughout the season.

## **Hydration Matters More Than You Think**

Healthy skin starts with proper hydration.

During summer, higher temperatures and increased sweating can raise fluid requirements.



While drinking water remains the best way to stay hydrated, many foods also provide valuable fluids.

*Hydrating foods include:*

- Watermelon
- Cucumber
- Strawberries
- Celery
- Tomatoes
- Peaches
- Oranges

These foods provide water along with vitamins, minerals, and antioxidants that support overall health.

## **Green Tea: A Refreshing Summer Beverage**

Unsweetened green tea contains polyphenols, particularly catechins, that have antioxidant properties.

Green tea can be enjoyed hot or cold and may be a refreshing alternative to sugary beverages during summer.

Try brewing green tea and chilling it with slices of lemon or fresh mint for a naturally refreshing drink.

## **Build a Summer Plate for Healthy Skin**

A skin-supportive summer meal doesn't need to be complicated.

*Aim to include:*

- Colourful fruits and vegetables
- Whole grains
- Lean protein
- Healthy fats

- Plenty of fluids

*For example:*

**Breakfast:**

Whole-grain oatmeal topped with berries, walnuts, and flaxseed.

**Lunch:**

Mixed greens salad with grilled salmon, tomatoes, cucumbers, and a whole-grain roll.

**Snack:**

Watermelon slices and a handful of almonds.

**Dinner:**

Grilled chicken with roasted sweet potatoes and a spinach salad.

**Dessert:**

Fresh berries with Greek yogurt.

## **Nutrition Is Only One Piece of the Puzzle**

While food can help support healthy skin, it is important to remember that nutrition is only one part of a comprehensive sun protection strategy.

*Continue to:*

- Wear broad-spectrum sunscreen
- Reapply sunscreen regularly
- Wear protective clothing
- Use hats and sunglasses
- Seek shade during peak UV hours
- Stay hydrated

Combining smart sun habits with a nutrient-rich diet can help support healthy skin throughout the summer.

## **Final Thoughts**

Summer offers an abundance of fresh, seasonal foods that can nourish your skin from the inside out. Berries, tomatoes, leafy greens, carrots, sweet potatoes, healthy fats, whole grains, and oats all provide valuable nutrients that support the body's natural defences against oxidative stress.

By focusing on a balanced diet rich in colourful fruits and vegetables, whole grains, and healthy fats, you can enjoy delicious seasonal foods while supporting overall health and skin health.

The best approach to summer skin care combines healthy eating, proper hydration, and sensible sun protection. Together, these habits can help keep your skin looking and feeling its best throughout the season.

## Author's Note

The information in this article is for educational purposes only and does not constitute medical advice. While nutrition can support healthy skin, foods should not be used as a substitute for sunscreen, protective clothing, or other sun safety measures. Consult a healthcare professional for personalized health recommendations.

## References

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## CAREERS AT ROGERS FOODS

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.

<b>Maintenance Helper</b> Spallumcheen, Full-time	VIEW
<b>Human Resources Assistant</b> Spallumcheen, Full-time	VIEW
<b>Miller's Assistant</b> Spallumcheen, Full-time	VIEW
<b>Flour Packer</b> Spallumcheen, Full-time	VIEW

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

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.

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



# Sharing Hope Through Food: Rogers Foods Donations Help Nourish Children in Haiti

At Rogers Foods, we believe food is more than nourishment. It brings comfort, dignity, community, and hope. That is why we are honoured to support organizations that help deliver nutritious food to those who need it most.

In 2025, through our partnership with **Food For The Poor Canada** and the **NOV Gleaners Society**, shipments of flour and other essential food products reached orphanages and schools in Haiti, helping provide meals for children facing significant food insecurity.

## Making Every Donation Count

According to Food For The Poor Canada, the children and caregivers receiving these donations demonstrated remarkable creativity and resourcefulness with the ingredients provided. Shipments included flour, dried vegetable mix, pinto split beans, rice, soybeans, and apple chips.

The flour became an important staple for making dumplings and a beloved sweet treat known locally as *kokiyol*. Combined with rice, beans, and vegetables, these ingredients helped create nourishing meals that brought joy to children and staff alike.



Every bag of flour donated represented far more than an ingredient. It became part of a meal shared among friends, a moment of comfort, and a reminder that people around the world care.

## Supporting Children at Two Haitian Orphanages



The donations benefited two remarkable organizations dedicated to caring for vulnerable children.

### **Foyer Espoir pour les Enfants Démunis**

Located in Fort-Liberté, Haiti, Foyer Espoir pour les Enfants Démunis was established in 2009 and has become a sanctuary for 25 children ranging from toddlers to teenagers. The orphanage provides shelter, education, care, and stability for children who might otherwise have nowhere to turn.

### **Orphelinat Notre Dame de la Médaille Miraculeuse**

Founded in February 2007 in Haiti's North Department, this community-based orphanage currently cares for 23 children and adolescents. The organization provides a safe environment where children can grow, learn, and build brighter futures despite difficult circumstances.

## More Than Food

The photos shared by Food For The Poor tell a powerful story. Smiling children enjoying meals, young people helping to prepare food, and caregivers working together demonstrate the incredible impact of food donations.

These images remind us that food security is about much more than calories. It is about creating opportunities for children to learn, grow, and thrive. It is about giving caregivers the resources they need to provide stability and hope. Most importantly, it is about building connections between communities across borders.



## A Thank You to Our Partners

We extend our sincere gratitude to Food For The Poor Canada, the NOV Gleaners Society, and everyone involved in making these shipments possible. Their dedication ensures that donated food reaches the communities where it can make the greatest difference.

We are also grateful to our customers, whose continued support helps make community partnerships like these possible.

Together, we can continue to make a meaningful impact, one meal at a time.

*"The children enjoyed the pinto beans and soybeans served with rice, making the most of every donation and turning simple ingredients into nourishing, joyful meals."* – **Food For The Poor Canada**

## About Food For The Poor Canada

**Food For The Poor Canada** works with local partners throughout the Caribbean and Latin America to provide food, housing, healthcare, education, and emergency relief to vulnerable communities, helping families build healthier and more sustainable futures.



## About North Okanagan Valley Gleaners Society

**The North Okanagan Valley Gleaners Society** was created in the summer of 2007 by a group of individuals who had become acutely aware of world hunger and of the Okanagan Valley’s abundant food supplies. Much of our local food production, unfortunately, goes to waste. The desire to use these gleanings to feed the hungry in other countries convinced them to act. Distribution is carried out by reputable, established Christian aid organizations that have partnered with us.

