



# ROGERS FOODS NEWSLETTER

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## JULY IS BERRY SEASON!

### This Month's Recipes

- [Peach Raspberry Oat Bran Bars](#)
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### Wellness Corner

#### [Berry Season Meets Whole Grains: A Delicious Summer Pairing for Everyday Wellness](#)

This month, Tammy-Lynn McNabb, RHNP, shows how summer berries bring natural sweetness, vibrant colour, and plenty of nutrition to the table when paired with grains!

### Careers At Rogers Foods

#### [Careers Opportunities At Rogers Foods](#)

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- Customer Service Rep
- Flour Packer

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July is a time to enjoy the simple pleasures of summer - fresh berries, longer days, backyard gatherings, weekend baking, and meals shared with family and friends. It is also a season that reminds us how nourishing food can be, especially when fresh summer ingredients are paired with wholesome pantry staples.



This month's newsletter celebrates the natural pairing of "berry season and whole grains", with recipes and wellness inspiration featuring colourful fruit, oats, bran, whole wheat flour, and homemade baking. Whether you're preparing a relaxed weekend breakfast, packing snacks for a summer outing, or seeking a seasonal dessert to share, these recipes are crafted to bring freshness, flavour, and comfort to your July table. Inside, you will also find our latest wellness blog, Berry Season Meets Whole Grains, along with summer recipe inspiration featuring blueberries, raspberries, strawberries, oats, and other whole-grain ingredients.

We are proud to recognize *Caelan Maclean*, the 2026 recipient of the Rogers Foods Award through Vancouver Island University's Professional Baking and Pastry Arts Program, and to share our current July career opportunities. From celebrating student success to welcoming new team members and inspiring seasonal baking, this month's newsletter is all about growth, community, and the joy of good food.

# PEACH RASPBERRY OAT BRAN BARS

*Sweet peaches, juicy raspberries, and a golden oat bran crumble make these fruit-filled bars a fresh summer dessert with a wholesome Rogers Foods twist.*



**Prep Time:** 15 minutes **Bake Time:** 45-50 minutes **Yield:** 12 bars

## INGREDIENTS

### Filling:

- 2 cups peeled and sliced ripe or frozen peaches
- 1 cup fresh raspberries
- 1/3 cup granulated sugar
- 1 tablespoon fresh lemon juice
- 2 teaspoons vanilla extract
- 3 tablespoons **Rogers Foods No Additive All Purpose Flour** or our regular AP Flour

**Base and Topping:**

- 1 cup **Rogers Foods No Additive All Purpose Flour or our regular AP Flour**
- 1 cup **Rogers Foods Large Flake Oats**
- 1 cup **Rogers Foods Oat Bran**
- 3/4 cup packed brown sugar
- 1/4 teaspoon cinnamon
- 1/2 teaspoon salt
- 3/4 cup unsalted butter, melted

**INSTRUCTIONS**

1. Preheat oven to 350°F. Line an 8x8-inch baking pan with parchment paper, leaving some overhang on the sides for easy removal. Lightly grease any exposed sides.
2. In a large bowl, combine Rogers Foods All Purpose Flour, Rogers Foods Large Flake Oats, Rogers Foods Oat Bran, brown sugar, cinnamon, and salt.
3. Slowly stir in the melted butter with a fork until the mixture becomes coarse and crumbly.
4. Press about half of the oat bran crumble mixture firmly into the prepared baking pan to form the base.
5. Bake the base for 10 minutes.
6. While the base is baking, make the fruit filling. In a separate bowl, gently toss peaches, raspberries, sugar, lemon juice, vanilla extract, and flour until the fruit is evenly coated.
7. Spread the fruit mixture evenly over the slightly cooled base.
8. Sprinkle the remaining oat bran crumble mixture over the fruit.
9. Bake for 35-40 minutes, or until the fruit is bubbling and the topping is golden brown.
10. Let cool completely before slicing into bars.

**NOTES:**

If using frozen peaches, thaw and drain them before adding to the filling. If the fruit mixture looks very juicy, use 1/4 cup Rogers Foods All Purpose Flour in the filling instead of 3 tablespoons. For cleaner slices, chill the bars before cutting.

**STORAGE:**

Store covered in the refrigerator for up to 4 days. For best texture, bring to room temperature before serving or warm slightly before enjoying.

# PEACH, BRIE & HOT HONEY BREAD FLOUR FLATBREAD



*Sweet peaches, creamy brie, fresh herbs, and a drizzle of hot honey make this chewy homemade flatbread a fresh summer recipe made with Rogers Foods Unbleached Bread Flour.*

**Prep Time:** 25 minutes plus 1 hour rising time **Bake Time:** 14-16 minutes **Yield:** 2 flatbreads

## INGREDIENTS

### Flatbread Dough:

- 2 3/4 cups **Rogers Foods Unbleached Bread Flour**
- 1 teaspoon instant yeast
- 1 teaspoon granulated sugar
- 1 teaspoon salt
- 1 cup warm water
- 2 tablespoons olive oil, plus more for brushing

**Topping:**

- 1 tablespoon olive oil
- 1 clove garlic, finely minced
- 1 1/2 cups shredded mozzarella cheese
- 125 g brie cheese, sliced
- 2 ripe peaches, thinly sliced
- 1/4 cup thinly sliced red onion
- 1 tablespoon fresh thyme leaves
- 1/4 teaspoon black pepper
- 2 tablespoons honey
- 1/4 teaspoon chilli flakes, or to taste
- Fresh basil or arugula, for serving

**INSTRUCTIONS**

1. In a large bowl, combine Rogers Foods Unbleached Bread Flour, instant yeast, sugar, and salt.
2. Add warm water and olive oil. Stir until a shaggy dough forms.
3. Turn the dough out onto a lightly floured surface and knead for 6–8 minutes, or until smooth and elastic. Add a little more flour only if the dough is too sticky to handle.
4. Place the dough in a lightly oiled bowl, cover, and let rise in a warm place for about 1 hour, or until doubled in size.
5. Preheat oven to 450°F. Line two baking sheets with parchment paper.
6. In a small bowl, stir together olive oil and minced garlic. Set aside.
7. Punch down the dough and divide it into two equal pieces. Roll or stretch each piece into a thin oval or rectangle.
8. Transfer the dough to the prepared baking sheets. Brush each flatbread lightly with the garlic oil.
9. Sprinkle mozzarella evenly over both flatbreads. Top with brie slices, peach slices, red onion, thyme, and black pepper.
10. Bake for 14–16 minutes, or until the crust is golden and the cheese is melted and bubbling.
11. While the flatbreads bake, warm the honey and chilli flakes together in a small saucepan over low heat for 1–2 minutes.
12. Remove flatbreads from the oven and drizzle with hot honey. Top with fresh basil or arugula before slicing.

**NOTES:**

For a milder version, reduce the chilli flakes or use plain honey. For a crispier crust, preheat the baking sheets in the oven before adding the shaped dough. Nectarines can also be used in place of peaches.

**STORAGE:**

Store leftover flatbread in an airtight container in the refrigerator for up to 2 days. Reheat in a 350°F oven for 8–10 minutes, or until warm and crisp.

# RASPBERRY UPSIDE DOWN CAKE

*Juicy raspberries, a buttery brown sugar topping, and a soft vanilla cake made with Rogers Foods All Purpose Flour make this bright upside-down cake a fresh, simple dessert for summer baking.*

**Prep Time:** 20 minutes

**Bake Time:** 40–45 minutes

**Yield:** 8 servings

## INGREDIENTS

### Raspberry Topping:

- 1/4 cup unsalted butter, melted
- 1/2 cup packed brown sugar
- 1 tablespoon fresh lemon juice
- 2 cups fresh raspberries

### Cake:

- 1 1/2 cups **Rogers Foods No Additive All Purpose Flour or regular AP Flour**
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, softened
- 3/4 cup granulated sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 1/2 cup sour cream or plain Greek yogurt
- 1/4 cup milk
- 1 tablespoon lemon zest



## INSTRUCTIONS

1. Preheat oven to 350°F. Grease a 9-inch round cake pan and line the bottom with parchment paper.
2. Pour melted butter into the bottom of the prepared cake pan. Sprinkle brown sugar evenly over the butter, then drizzle with lemon juice.
3. Arrange raspberries in an even layer over the brown sugar mixture. Set aside.
4. In a medium bowl, whisk together Rogers Foods All Purpose Flour, baking powder, baking soda, and salt.
5. In a large bowl, beat softened butter and granulated sugar until light and fluffy.
6. Add eggs one at a time, mixing well after each addition. Stir in vanilla extract and lemon zest.
7. Mix in the sour cream or Greek yogurt until smooth.
8. Add the dry ingredients to the wet ingredients in two additions, alternating with the milk. Mix just until combined. Do not overmix.
9. Carefully spoon the batter over the raspberries and gently spread it into an even layer.
10. Bake for 40-45 minutes, or until the cake is golden and a toothpick inserted into the centre comes out clean.
11. Let the cake cool in the pan for 10-15 minutes. Run a knife around the edge of the pan, then carefully invert onto a serving plate.
12. Remove the parchment paper and let the cake cool slightly before slicing. Top with vanilla ice cream or whipped cream for an extra indulgence.

**NOTES:**

Use fresh raspberries for the best texture. Frozen raspberries can be used, but do not thaw them first. The cake is best inverted while still warm, so the fruit topping releases cleanly.

**STORAGE:**

Store covered at room temperature for up to 1 day or in the refrigerator for up to 4 days. Bring to room temperature before serving, or warm slices slightly before enjoying.

# BLUEBERRY MUFFIN TOP COOKIES



*Soft, buttery cookies filled with juicy blueberries and finished with a sweet vanilla glaze, these Blueberry Muffin Cookies have all the flavour of a bakery-style blueberry muffin in a fun, handheld treat made with Rogers Foods All Purpose Flour.*

**Prep Time:** 20 minutes **Bake Time:** 12-14 minutes **Yield:** 18 cookies

## INGREDIENTS

### Cookies:

- 2 1/3 cups **Rogers Foods No Additive All Purpose Flour or our regular AP Flour**
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

- 1/2 cup unsalted butter, softened
- 3/4 cup granulated sugar
- 1/2 cup of packed brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 tablespoon lemon zest
- 1/2 cup sour cream or plain Greek yogurt
- 1 1/2 cups fresh blueberries

**Vanilla Glaze:**

- 1 cup icing sugar
- 1-2 tablespoons lemon juice
- 1/2 teaspoon vanilla extract

**INSTRUCTIONS**

1. Preheat oven to 350°F. Line two baking sheets with parchment paper.
2. In a medium bowl, whisk together Rogers Foods All Purpose Flour, baking powder, baking soda, and salt.
3. In a large bowl, beat butter and sugar until light and creamy.
4. Add the egg, vanilla extract, lemon zest, and sour cream. Mix until smooth.
5. Add the dry ingredients to the wet ingredients and mix just until combined.
6. Gently fold in the blueberries, being careful not to crush them too much.
7. Scoop the dough into 2-tablespoon portions and place them about 2 inches apart on the prepared baking sheets. Using a small ice cream or cookie scoop works best.
8. Bake for 12-14 minutes, or until the edges are lightly golden and the centres are set.
9. Let cookies cool on the baking sheet for 5 minutes, then transfer to a wire rack to cool completely.
10. To make the glaze, whisk together icing sugar, lemon juice, and vanilla extract until smooth. Add more lemon, 1 teaspoon at a time, if needed.
11. Drizzle the glaze over the cooled cookies and let it set before serving.

**Notes:**

Fresh blueberries work best for this recipe. The dough will be soft, so chilling it for 20–30 minutes before baking can help create thicker cookies.

**STORAGE:**

Store cookies in an airtight container at room temperature for up to 2 days or in the refrigerator for up to 5 days. Freeze unglazed cookies for up to 2 months. Glaze after thawing for best texture.



## WELLNESS CORNER

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

# BERRY SEASON MEETS WHOLE GRAINS



## A DELICIOUS SUMMER PAIRING FOR EVERYDAY WELLNESS

**T**here is something about July that makes food feel brighter, fresher, and a little more joyful. The days are longer, local markets are full of colour, and berry season is a simple reminder that healthy eating need not be complicated. Whether you are picking up a basket of blueberries, slicing strawberries for breakfast, folding raspberries into muffins, or sprinkling blackberries over a bowl of yogurt and granola, summer berries bring natural sweetness, vibrant colour, and plenty of nutrition to the table.

At Rogers Foods, we love this time of year because berries pair beautifully with whole grains. From oatmeal and granola to whole-wheat flour, oat bran, wheat bran, and hearty baking blends, whole-grain ingredients provide a nourishing base for many of the food families already enjoy. When berries and whole grains come together, the result is simple, seasonal, and satisfying: a breakfast that keeps you going, a homemade snack for summer outings, or a dessert that feels special without being overly fussy.

Canada's Food Guide encourages Canadians to make a habit of choosing vegetables and fruit, whole grain foods, and protein foods as part of a healthy eating pattern. Whole grain foods are recognized as healthier than refined grains because they contain all parts of the grain and provide important nutrients such as fibre, vitamins, and minerals. Health Canada also identifies fruits and whole grains, including oats, whole grain breads, cereals, crackers, pasta, brown rice, and hulled barley, as sources of dietary fibre.

That makes berry season the ideal time to celebrate a classic wellness pairing: fruit plus whole grains.

## **Why Berries Belong in Your Summer Kitchen**

Berries are among the easiest fruits to enjoy in summer. They require minimal preparation, work in both sweet and savoury dishes, and can be added to recipes without overpowering them. A handful of berries can brighten a bowl of oatmeal, add moisture to muffins, add colour to pancakes, or balance the richness of a fruit crisp.

Blueberries, raspberries, strawberries, and blackberries each have distinct flavours and textures. Blueberries are sweet and juicy, making them a natural fit for muffins, pancakes, loaves, and breakfast bowls. Raspberries offer a slightly tart flavour that pairs well with oats, scones, yogurt, and dark chocolate. Strawberries lend a familiar summer sweetness to shortcakes, smoothies, parfaits, and overnight oats. Blackberries are bold, deeply coloured, and delicious in crisps, crumbles, galettes, and homemade sauces.

Berries also provide fibre, along with vitamins, minerals, and plant compounds that contribute to their deep red, blue, and purple colours. Health Canada's nutrient data lists common berries, such as blackberries and blueberries, as sources of fibre, with blackberries providing about 4 grams of fibre per 125 mL serving and raw blueberries about 2 grams per 125 mL serving.

Berries are also often discussed for their antioxidant compounds. Research on blueberries has linked their anthocyanins and polyphenols to antioxidant and anti-inflammatory effects, and studies have associated regular, moderate intake of blueberries or

anthocyanins with potential benefits for cardiovascular health, type 2 diabetes risk, vascular function, and glucoregulation. While no single food can guarantee health outcomes, berries are a flavourful way to add more fruit, colour, and variety to everyday meals.

## **Why Whole Grains Make Berries Even Better**

Berries are delicious on their own, but pairing them with whole grains can make meals more balanced and satisfying. Whole grains include all parts of the grain kernel: the bran, germ, and endosperm. Because these parts remain intact, whole grains naturally provide more fibre than refined grains, along with vitamins and minerals. Canada's Food Guide notes that consuming foods higher in fibre may help reduce the risk of stroke, colon cancer, heart disease, and type 2 diabetes.

Whole grains are also practical. They are pantry-friendly, versatile, and easy to include in everyday meals. Oats can be used for a quick breakfast, overnight oats, or as a topping for a fruit crisp. Whole wheat flour can add heartiness to muffins, pancakes, scones, and quick breads. Wheat or oat bran can be stirred into baked goods for a fibre boost. Granola can turn yogurt and berries into a quick summer breakfast or afternoon snack.

This is where Rogers Foods ingredients fit beautifully into July cooking and baking. A bag of oats, a scoop of bran, or a blend of whole-grain flour can help transform seasonal berries into something more filling, more nourishing, and more practical for busy summer days.

Think of it this way: berries add colour, freshness, and natural sweetness. Whole grains add structure, texture, and staying power. Together, they make simple food feel complete.

## **A Smart Pairing for Summer Energy**

Summer schedules can be surprisingly busy. Between work, family activities, camping trips, beach days, road trips, sports, gardening, and visits with friends, meals often need to be quick and flexible. This is one reason whole-grain and berry recipes are so useful.

A bowl of oatmeal topped with berries can be ready in minutes. A batch of blueberry bran muffins can be made ahead of time and packed for the week. Homemade granola with dried or fresh berries can be enjoyed at breakfast or taken along for a summer outing. A

raspberry oat bar can serve as a snack or a lunchbox treat. A peach-and-berry crisp made with oats can be an easy dessert for guests.

Fibre plays an important role in this sense of satisfaction. HealthLink BC explains that fibre is found in vegetables, fruit, whole grains, oats, barley, psyllium, wheat bran, and corn bran. It also notes that fibre-rich foods can support digestive health and help lower the risk of type 2 diabetes, heart disease, and colon cancer. Heart & Stroke also identifies oatmeal and oat bran as among the best sources of soluble fibre, along with legumes and pectin-rich foods such as apples, strawberries, and citrus fruit.

For many people, the easiest way to eat more fibre is not to overhaul everything at once. It is to add more fibre-rich ingredients to meals they already enjoy. July berries make this especially easy.



**Our 5 Grain Granola Bars Are A Perfect Option to Pair with Fresh Fruit. Dried Raspberries and Cranberries are two favourites!**

Add blueberries to pancakes made with whole-wheat flour. Stir raspberries into muffin batter containing wheat bran. Layer strawberries with yogurt and granola. Sprinkle blackberries over warm oatmeal. Use oats and whole-grain flour in a crumble topping. Small changes like these can make everyday meals more nourishing without making them feel complicated.

## Breakfast: The Easiest Place to Begin

Breakfast is often the simplest meal for pairing berries with whole grains. It does not need to be elaborate. In fact, some of the best summer breakfasts can be assembled in a few minutes.

A bowl of oats topped with fresh berries, a spoonful of yogurt, and a sprinkle of seeds is simple, colourful, and satisfying. Overnight oats are another excellent option for warm mornings because they can be prepared the night before and enjoyed cold from the fridge. Rolled oats, milk or a dairy-free alternative, yogurt, chia seeds, cinnamon, and berries combine to make a creamy breakfast that feels refreshing rather than heavy.

Granola bowls are another easy July favourite. Start with plain yogurt, add a generous handful of berries, then top with Rogers Foods granola for crunch. This combination delivers creamy, juicy, and crisp textures in one bowl. For extra flavour, add lemon zest, a drizzle of honey, chopped nuts, or a spoonful of nut butter.

Whole-grain pancakes or waffles are also a natural place for berries. Blueberries can be folded into the batter, while strawberries or raspberries can be blended into a quick sauce. Instead of relying solely on syrup, berries add natural sweetness and colour. A stack of pancakes made with whole-wheat flour or oats can feel like a weekend treat while still including whole-grain ingredients.

For busy families, muffins may be the most practical breakfast. A batch of berry muffins made with whole wheat flour, oats, or bran can be baked once and enjoyed over several days. Muffins also freeze well, making them convenient for road trips, early-morning workdays, or summer camps. Blueberry bran, raspberry oat, strawberry yogurt, and blackberry whole wheat muffins are easy ways to bring July fruit into everyday baking.

## Baking with Berries: Tips for Better Results

Berries are easy to use, but a few small baking tips can make a big difference.

When using fresh berries, gently rinse and dry them before adding them to the batter. Excess moisture can affect the texture of muffins, loaves, scones, and pancakes. If the berries are very juicy, pat them dry with a clean towel.

When baking with frozen berries, do not always thaw them first. In many muffin, loaf, scone, and pancake recipes, frozen berries can be added directly to the batter. This helps reduce bleeding and prevents the batter from turning purple or pink. Lightly tossing the

berries with a spoonful of flour before folding them in can also help them distribute more evenly.

Be gentle when mixing. Berries are delicate, especially raspberries and blackberries. Fold them in at the end with a spatula rather than beating them into the batter. This helps keep the fruit pieces intact.

Balance the sweetness. Berries vary in flavour depending on the season and ripeness. Strawberries and blueberries are often sweeter, while raspberries and blackberries can be tart. Taste the fruit before baking and adjust with a small amount of honey, maple syrup, brown sugar, or lemon zest as needed.

Use oats for texture. Oats add a rustic texture to crisps, crumbles, cookies, muffins, and bars. They also pair especially well with cinnamon, vanilla, lemon, almonds, coconut, and other warm spices.

Use bran thoughtfully. Wheat bran and oat bran can add fibre and heartiness to baked goods, but they also absorb moisture. When adding bran to a recipe, ensure there is enough liquid from ingredients such as yogurt, milk, applesauce, mashed banana, oil, eggs, or berries. This helps prevent baked goods from drying out.

## Easy July Ideas with Rogers Foods Ingredients

One of the best things about berry season is that you can use the same ingredients in many ways. Here are a few simple ideas that would fit beautifully in a July kitchen.

- **Blueberry Whole Grain Pancakes**

Make pancakes with Rogers Foods whole-wheat flour or a blend of all-purpose and whole-wheat flours. Fold in fresh or frozen blueberries, then serve with additional berries on top.

- **Raspberry Oat Scones**

Add raspberries to tender scone dough made with flour and oats. A little lemon zest can brighten the flavour and make the scones feel especially summery.

- **Strawberry Granola Parfaits**

Layer sliced strawberries, yogurt, and Rogers Foods granola in a glass or jar. This works well for breakfast, brunch, or a simple afternoon snack.

- **Blackberry Oat Crisp**

Toss blackberries with a little lemon juice, then bake them under a topping of oats, flour, butter, and brown sugar. This simple summer dessert can be served warm with yogurt or ice cream.

- **Berry Bran Muffins**

Add blueberries, raspberries, or chopped strawberries to bran muffin batter for a colourful twist on a classic. These muffins are ideal for making ahead and freezing.

- **Summer Berry Breakfast Bars**

Use oats, whole grain flour, and berries to make soft breakfast bars that can be packed for hikes, picnics, or busy workdays. Our recipe this month, [Peach Raspberry Oat Bran Bars](#), is a great choice!

- **Mixed Berry Overnight Oats**

Combine oats, milk, yogurt, cinnamon, and mixed berries in a jar. Refrigerate overnight, then enjoy cold the next morning. We do not recommend eating oats raw. Toast your oats first for a delicious, enhanced flavour.

These ideas are flexible. Use what is ripe, what is local, what is in your freezer, or what your family enjoys most. Fresh berries are wonderful in July, but frozen berries are a practical option year-round and help reduce food waste.

## **Make It a Family Habit**

One of the most helpful things about berries and whole grains is that they are approachable. Children often enjoy berries because they are colourful and naturally sweet. Adults appreciate that they are easy to add to meals. Whole grains can be introduced gradually, especially in familiar recipes.

For example, if your family is used to pancakes made with all-purpose flour, try replacing some of it with whole-wheat flour. If you already make muffins, stir in a scoop of bran or oats (try turning your oats into oat flour in your blender). If breakfast is often rushed, set up a simple granola-and-berry station with yogurt, fruit, and toppings. If dessert is a regular part of summer entertaining, try fruit crisps or crumbles made with oats.

Healthy eating habits tend to last longer when they feel realistic. Canada's Food Guide encourages making healthy eating a habit, which can start with small, repeated choices. A bowl of oats with berries, a whole-grain muffin, or a homemade berry crisp may seem simple, but these foods can make nutritious eating feel familiar and enjoyable.

## **A Seasonal Way to Enjoy More Colour**

Eating with the seasons is not only delicious but also promotes variety. In July, berries are at their peak. Blue, red, purple, and deep-pink fruits add colour to the plate, making meals more appealing. For many people, adding fruit to breakfast or baking is one of the easiest ways to increase produce intake.

Pairing berries with whole grains also helps create a more balanced plate. Fruit adds natural sweetness and freshness, while whole grains add fibre, texture, and structure. Add a protein source, such as yogurt, milk, eggs, nuts, seeds, or nut butter, and you have a meal or snack that is more likely to keep you satisfied.

This approach fits beautifully into summer living. It is not about strict rules or complicated recipes. It is about making the most of what July offers and pairing it with wholesome pantry staples to support everyday wellness.

## **Celebrate July with Berries and Whole Grains**

Berry season does not last forever, which is part of what makes it special. July is the ideal time to enjoy berries fresh, bake with them often, freeze extras for later, and try new combinations with your favourite Rogers Foods ingredients.

Add blueberries to your morning oats. Bake raspberry scones for a weekend brunch. Make a strawberry granola parfait after a walk. Bring blackberry oat crisp to a family barbecue. Stock the freezer with berry bran muffins for busy mornings. These small seasonal rituals can make summer meals both nourishing and memorable.

At Rogers Foods, we believe good food starts with simple, high-quality ingredients. Whole grains, oats, bran, flour, granola, and fresh summer berries pair naturally. Together, they bring flavour, fibre, colour, and comfort to the table.

This July, let berry season inspire your baking, brighten your breakfasts, and remind you that wellness can be as simple as a bowl of oats, a handful of berries, and a few moments to savour homemade.

## References

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# CAREERS AT ROGERS FOODS

## Lots of employment opportunities posted this month 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.

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.

<p><b>Warehouse Production Worker - Temporary</b> Chilliwack, Temporary</p>	<p>VIEW</p>
<p><b>Customer Service Representative</b> Chilliwack, Full-time</p>	<p>VIEW</p>
<p><b>Flour Packer</b> Spallumcheen, Full-time</p>	<p>VIEW</p>
<p><b>Warehouseman I</b> Spallumcheen, Full-time</p>	<p>VIEW</p>
<p><b>Warehouse Production Worker</b> Chilliwack, Full-time</p>	<p>VIEW</p>

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



## ROGERS FOODS PROUDLY SUPPORTS THE FUTURE OF BAKING

Rogers Foods is pleased to congratulate **Caelan Maclean**, the 2026 recipient of the **Rogers Foods Award** through Vancouver Island University's Professional Baking and Pastry Arts program.

Caelan was recognized for her excellent results throughout the program, as well as her tremendous growth, professionalism, and leadership. We are proud to support students who are developing their skills, pursuing their passion, and helping shape the future of the baking and pastry arts industry.

Rogers Foods values education, training, and hands-on experience in building strong futures for the next generation of bakers. We are honoured to continue supporting Vancouver Island University and its students through this meaningful award.

Congratulations, Caelan, on this well-deserved achievement!

