ROGERS FOODS NEWSLETTER

Bake | Learn | Share

This Month's Recipes

- Savoury Apple, Aged Cheddar & Whole Wheat Scones
- Crispy Cinnamon Apple Fries with Maple Caramel Dip
- Maple Pecan Oat Crumble Baked Apples

Wellness Corner

NOURISHING YOUR HEALTH THIS NOVEMBER!

Careers At Rogers Foods

Career Opportunities At Rogers Foods

- Warehouseman
- Grain Logistics Assistant
- Jnr Accnt/Financial Analyst
- Customer Service Rep.
- Desktop & Network Support Analyst

Community Corner

Supporting Relief Efforts In Pakistan

November is here, bringing cooler days, cosy kitchens and opportunities to celebrate the things that matter most: good food, good health and giving back to our communities.

In this month's Rogers Foods newsletter, we're sharing a little something for everyone!

🍎 One Last Taste of Canada's Apple Season

Apple and Aged Cheddar Whole Wheat Scones, Crispy Apple Fries with Maple Caramel Dip, and Maple Pecan Oat Crumble Stuffed Baked Apples. From savoury baking to comforting seasonal treats, these recipes celebrate Canadian-grown apples and the goodness of Rogers Foods flour and grains.

🌾 November Wellness: Small Habits, Lasting Benefits

In this month's Wellness blog, our in-house holistic nutritionist, Tammy-Lynn, discusses **"Nourishing Your Health This November: Small Habits, Lasting Benefits."** As we head into the colder months, it's a timely reminder that even small changes can make a meaningful difference.

❤️ Giving Back: Supporting Flood Relief in Pakistan

We're proud to share our recent charitable contribution through **Samaritan's Purse**, which helped send a full shipping container of donated supplies to Pakistan to support communities affected by devastating flooding.

👥 Careers at Rogers Foods

Looking for a new opportunity? Discover what it's like to be part of our team and explore available positions with a Canadian company committed to quality, teamwork and community.

As we move closer to the holiday season, we're grateful for the farmers, employees, customers and communities who are part of the Rogers Foods story.

From all of us at Rogers Foods, thank you for your continued support. We hope this month's newsletter brings a little inspiration to your kitchen, your wellness routine and your day!

Happy November!

The Rogers Foods Team

SAVOURY APPLE, AGED CHEDDAR & WHOLE WHEAT SCONES

These golden, tender scones combine the sweetness of fresh Canadian apples with sharp aged cheddar and the wholesome flavour of whole wheat flour. They're delicious served warm with a bowl of homemade soup, alongside a salad or as an afternoon snack.



Prep time: 20 minutes
Bake time: 18-22 minutes
Yield: 8 scones

Ingredients

- 250 mL (1 cup) Rogers Foods All Purpose Flour
- 250 mL (1 cup) Rogers Foods Whole Wheat Flour
- 15 mL (1 tbsp) baking powder
- 15 mL (1 tbsp) granulated sugar
- 2 mL (½ tsp) salt

- 2 mL (½ tsp) dried thyme
- 75 mL (⅓ cup) cold unsalted butter, cubed
- 250 mL (1 cup) aged cheddar cheese, grated
- 250 mL (1 cup) Canadian apple, finely diced (about 1 medium apple)
- 167 mL (⅔ cup) cold milk, plus a little extra if needed
- 1 egg, lightly beaten, for brushing (optional)

Instructions

1. Preheat oven to 200°C (400°F). Line a baking sheet with parchment paper.

2. In a large mixing bowl, whisk together both flours, baking powder, sugar, salt and thyme.

3. Add the cold butter and work it into the flour mixture with a pastry cutter or your fingertips until the mixture resembles coarse crumbs.

4. Gently stir in the grated cheddar and diced apple.

5. Add the milk and mix until a soft dough just comes together. Add another tablespoon of milk if necessary. Avoid overmixing.

6. Turn the dough onto a lightly floured surface and gently shape it into a circle approximately 20 cm (8 inches) wide.

7. Cut into 8 equal wedges and transfer to the prepared baking sheet.

8. Brush the tops lightly with beaten egg, if desired.

9. Bake for 18–22 minutes, until golden brown and cooked through.

10. Allow to cool slightly before serving.

Baking Tip: Honeycrisp, Ambrosia and Gala apples work particularly well. For a more savoury flavour, add a pinch of freshly cracked black pepper or a little fresh rosemary.

Serving Suggestion: Pair with homemade butternut squash soup for a comforting November lunch.

CRISPY CINNAMON APPLE FRIES WITH MAPLE CARAMEL DIP

Warm, golden and irresistibly crisp, these homemade apple fries are a delicious way to celebrate the end of Canada's apple harvest season. Fresh Canadian apples are coated in a light, crispy batter, fried until golden and tossed in a fragrant blend of cinnamon and sugar. Served with a creamy maple caramel dip, they're a delightful alternative to traditional apple pie. Perfect for sharing, these sweet little treats are best enjoyed warm, when the coating is crisp and the apple centres are tender.



Prep time: 20 minutes
Cook time: 15-20 minutes
Yield: 4 servings

Ingredients

For the Apple Fries

- 3 large Canadian apples (Granny Smith or Honeycrisp)
- 125 mL (½ cup) Rogers Foods All Purpose Flour
- 60 mL (¼ cup) cornstarch
- 2 large eggs
- 30 mL (2 tbsp) milk
- 2 mL (½ tsp) baking powder
- 1 mL (¼ tsp) salt
- Canola oil, for shallow frying

For the Cinnamon-Sugar Coating

- 75 mL (⅓ cup) granulated sugar
- 10 mL (2 tsp) ground cinnamon

- Pinch of ground nutmeg (optional)

For the Maple Caramel Dip

- 125 mL (½ cup) prepared caramel sauce
- 30 mL (2 tbsp) pure Canadian maple syrup
- 30 mL (2 tbsp) plain Greek yogurt
- Pinch of sea salt (optional)

Instructions

Prepare the Apple Fries

1. Prepare the apples. Wash and core the apples, leaving the skins on for added colour and texture. Slice into sturdy, fry-shaped wedges approximately 1–1.5 cm thick. Pat thoroughly dry with paper towels to remove excess moisture.

2. Mix the cinnamon sugar. In a shallow bowl, combine the granulated sugar, cinnamon, and nutmeg, if using. Set aside to coat the warm apple fries.

3. Prepare the batter. In a medium bowl, whisk together the Rogers Foods All Purpose Flour, cornstarch, baking powder, and salt. In a separate bowl, whisk the eggs and milk until smooth. Gradually whisk the egg mixture into the dry ingredients until a thick, smooth batter forms.

4. Heat the oil. Pour approximately 1–2 cm of canola oil into a heavy-bottomed skillet. Heat over medium heat until the oil reaches 175°C (350°F). Use a cooking thermometer to maintain a consistent temperature.

5. Coat the apples. Working in small batches, dip the apple wedges into the batter, letting any excess drip off. Each wedge should have a thin, even coating.

6. Fry until golden. Carefully lower the coated apple wedges into the hot oil without overcrowding the pan. Fry for about 2–3 minutes, turning as needed, until the coating is golden brown and crisp. Adjust the heat as needed to maintain the oil temperature.

7. Drain and coat. With a slotted spoon, transfer the apple fries to a wire rack set over a baking sheet. While still warm, gently toss them in the prepared cinnamon-sugar mixture until evenly coated.

Prepare the Maple Caramel Dip

8. Combine the caramel and maple syrup. In a small bowl, stir the caramel sauce and pure Canadian maple syrup together until smooth.

9. Make it creamy. If the caramel mixture is warm, let it cool to room temperature before whisking in the Greek yogurt. If desired, add a pinch of sea salt to balance the sweetness.

10. Serve and enjoy. Arrange the warm cinnamon-sugar apple fries on a serving platter with the maple caramel dip on the side. Serve immediately for the best flavour and texture.

Recipe Tips

Choosing your apples: Granny Smith apples provide a slightly tart flavour that balances the sweet coating, while Honeycrisp apples offer a naturally sweeter taste and firm texture.

Keep the coating light: Allow excess batter to drip off before frying. A thinner coating creates a delicate, crispy exterior without overpowering the apples' flavour.

Maintain the oil temperature: Frying at about 175°C (350°F) helps the coating turn golden and crisp without absorbing too much oil. Fry in small batches to prevent the oil temperature from dropping too quickly.

Make the dip your own: For a simpler alternative, combine plain Greek yogurt with maple syrup and a pinch of cinnamon.

Storage: These apple fries are best served immediately. If you have leftovers, refrigerate promptly in an airtight container for up to two days. Reheat in an air fryer or oven at 190°C (375°F) until heated through and lightly crisp.

MAPLE PECAN OAT CRUMBLE BAKED APPLES

There's something particularly comforting about the aroma of apples, cinnamon and maple syrup baking in the oven. These individually baked apples are filled with a buttery oat and pecan crumble and finished with Canadian maple syrup. Each offers all the comforting flavours of apple crisp in a delicious individual serving.

Prep time: 20 minutes
Bake time: 35-45 minutes
Yield: 6 apples



Ingredients

For the Apples

- 6 medium Canadian baking apples, such as Honeycrisp, Northern Spy or Granny Smith
- 15 mL (1 tbsp) fresh lemon juice
- 125 mL (½ cup) water or unsweetened apple juice

For the Maple Pecan Oat Crumble

- 188 mL (¾ cup) Rogers Foods Large Flake Oats
- 30 mL (2 tbsp) Rogers Foods Whole Wheat Flour
- 125 mL (½ cup) pecans, chopped
- 30 mL (2 tbsp) packed brown sugar
- 45 mL (3 tbsp) pure Canadian maple syrup
- 45 mL (3 tbsp) unsalted butter, melted
- 5 mL (1 tsp) ground cinnamon
- 1 mL (¼ tsp) ground nutmeg
- Pinch of salt

Instructions

1. Preheat oven to 190°C (375°F). Lightly grease a baking dish large enough to hold six apples upright.

2. Wash and dry the apples. Using an apple corer or small paring knife, carefully remove the cores, leaving approximately 1 cm (½ inch) of the bottom intact to hold the filling.

3. Widen the opening slightly to create space for the crumble filling. Brush the cut surfaces with lemon juice to help prevent browning.

4. In a medium bowl, combine the oats, whole wheat flour, pecans, brown sugar, cinnamon, nutmeg and salt.

5. Stir in the maple syrup and melted butter until the mixture is evenly moistened.

6. Spoon the oat crumble mixture into the centre of each apple, pressing gently and mounding a little filling on top.

7. Arrange the stuffed apples upright in the prepared baking dish.

8. Pour the water or apple juice into the bottom of the dish.

9. Cover loosely with foil and bake for 20 minutes.

10. Remove the foil and continue baking for 15–25 minutes, until the apples are tender when pierced with a knife and the crumble is lightly golden.

11. Allow to cool for 5–10 minutes before serving. Spoon some of the warm juices from the baking dish over each apple.

Baking Tip: Choose firm apples that hold their shape during baking. If the apples are particularly large, allow a little additional baking time.

Serving Suggestion: Serve warm with a spoonful of vanilla Greek yogurt, a small scoop of vanilla ice cream or a drizzle of warm maple syrup.

Make-Ahead Tip: Prepare the crumble filling up to one day in advance and store it in the refrigerator. Core and stuff the apples shortly before baking.



WELLNESS CORNER

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

NOURISHING YOUR HEALTH THIS NOVEMBER: SMALL HABITS, LASTING BENEFITS

How Fibre, Whole Grains and Simple Seasonal Foods Can Help Us Feel Satisfied, Energized and Well

November 2026 | Nutrition, Prevention and Seasonal Wellness

November is a month of transition. The days grow shorter, temperatures drop, and our routines shift as we prepare for winter. We spend more time indoors, reach for warmer meals, and start thinking about the busy holiday season ahead.

While November can feel like the start of a long winter, it also offers an opportunity to focus on our health and well-being before December's demands set in.

November is recognized across Canada for several important health awareness initiatives, including Diabetes Awareness Month, Osteoporosis Month, Fall Prevention Month, and Movember, which highlights men's health. World Diabetes Day also falls on November 14.

These observances remind us that wellness isn't simply about preventing illness. It's about understanding our bodies, recognizing potential health risks and making informed decisions that support our quality of life.

As a Registered Holistic Nutritionist, I believe sustainable wellness begins with the small choices we make each day. What we eat, how we move, the quality of our sleep, and the attention we give our emotional health all contribute to our overall well-being.

This November, rather than focusing on dramatic lifestyle changes, let's explore how simple, practical habits can help us feel healthier and more energized as we head into winter.

1. Diabetes Awareness Month: Understanding Blood Sugar and the Importance of Fibre

November is Diabetes Awareness Month in Canada, and November 14 marks World Diabetes Day.

Diabetes affects millions of Canadians, and the condition deserves greater understanding and awareness. Although type 1 and type 2 diabetes have different causes, both affect how the body regulates blood glucose.

Type 1 diabetes is an autoimmune condition and cannot be prevented by lifestyle changes. Type 2 diabetes develops from a combination of factors, including genetics, age and metabolic health. Nutrition, physical activity and other lifestyle habits can help reduce the risk of type 2 diabetes and support its management.

One of the most practical places to begin is with the foods we eat daily.

Why Fibre Matters

Dietary fibre plays an important role in digestive and cardiovascular health, as well as in blood sugar regulation.

Soluble fibre, found in foods such as oats, barley, beans, and certain fruits, can slow digestion and the absorption of carbohydrates. This may help moderate the rise in blood glucose after a meal.

Fibre can also contribute to a feeling of fullness, making it easier to feel satisfied after eating.

According to Health Canada, adult women generally need about 25 grams of fibre daily, while men need about 38 grams. Unfortunately, many Canadians consume considerably less.

Increasing fibre doesn't require an expensive supplement or a complicated eating plan.

Consider these everyday changes:

- Start your morning with oatmeal topped with berries, chopped apples, cinnamon, and walnuts.
- Choose whole-grain breads and cereals more often.
- Add lentils, chickpeas, or beans to soups and stews.
- Incorporate vegetables into lunches and dinners.
- Replace some refined-grain foods with whole-grain alternatives.
- Include fibre-rich snacks such as fruit, nuts, and whole-grain crackers.

Remember to increase fibre gradually and drink enough fluids to help your digestive system adjust.

Building a Balanced Plate

Another useful strategy for blood sugar management is to combine carbohydrates with protein, fibre and healthy fats.

Instead of eating toast alone, try whole-grain toast with eggs and avocado. Pair oatmeal with Greek yogurt, nuts, or seeds.

Canada's Food Guide recommends filling about half your plate with vegetables and fruits, one-quarter with protein foods, and one-quarter with whole grains.

This balanced approach provides nutrients that support overall health without requiring restrictive diets or eliminating entire food groups.

The goal isn't to fear carbohydrates. It's to understand how different foods nourish our bodies and to make choices that suit our individual health needs.

2. Osteoporosis Month: Protecting Our Bones as We Age

November is also Osteoporosis Month, an important reminder that bone health deserves attention throughout adulthood.

Osteoporosis is a condition that weakens bones, making them more susceptible to fractures. It can develop gradually without obvious symptoms, which is why it is often described as a silent disease. Although osteoporosis can affect anyone, the risk increases with age, especially among postmenopausal women (*sigh, raised hand…*).

The good news is that there are several ways to support bone health through nutrition and movement.

Calcium, Vitamin D and Protein

Calcium is essential for strong bones and teeth, while vitamin D helps the body absorb calcium.

Good dietary sources of calcium include milk, yogurt, cheese, calcium-fortified plant-based beverages, tofu made with calcium, and canned salmon or sardines with edible bones.

Vitamin D is found in foods such as fatty fish, eggs, and fortified products. However, obtaining adequate vitamin D can be challenging, particularly during Canadian winters, when sunlight exposure is limited.

Health Canada recommends that adults over 50 take a daily vitamin D supplement of 400 IU in addition to consuming vitamin D-rich foods. Individual needs may vary, so discuss supplementation with your healthcare provider.

Protein is another important component of healthy aging. It supports muscle maintenance and contributes to bone health.

Include a variety of protein foods throughout the day, such as fish, poultry, eggs, yogurt, legumes, tofu and nuts.

Movement Is Just as Important

Bones respond to physical activity, particularly weight-bearing and resistance exercises. Walking, stair-climbing and strength training can help maintain strength and mobility as we age, while balance-focused activities such as tai chi and certain forms of yoga may help reduce the risk of falls.

But what if you don't enjoy going to the gym? (Hand raised high over here. That's me!) The good news is that staying active doesn't require a gym membership, expensive equipment, or a complicated workout routine. Start small. Take a 10-minute walk around your neighbourhood, put on your favourite music and dance while preparing dinner, or add a few gentle stretches to your day. Even walking up and down the stairs at home a couple of extra times, carefully and using a handrail, can be a place to begin. Those little bursts of movement add up, and as your strength and confidence grow, so can your activity level.



Sometimes the best motivation comes from discovering something you genuinely enjoy, even if it means stepping outside your comfort zone.

This year, I decided to join a fall and winter paddling club. Yes, people actually paddle in the winter! After spending the summer on the water with a dragon boat team, I experienced firsthand how much the movement, stretching and camaraderie benefited my body and mind. I wasn't ready to give that up just because the weather was getting colder!

I'll admit, at 58, I initially wondered whether I was too old to take up a new sport. As it turns out, I couldn't have been more wrong! Our paddling community brings together women of all ages. We have women in their 30s and 40s who welcome a little time for themselves away from the demands of parenting and busy careers, alongside women in their 60s and 70s who continue to embrace an active lifestyle. One of the unexpected pleasures has been getting to know women at different stages of life, sharing stories, having a few laughs and enjoying time together on the water.

Continuing to paddle through the colder months has been one of the best decisions I've made for my physical and mental well-being. It's given me a reason to get outdoors, something to look forward to during the darker months, and a wonderful group of women to share the experience with.

So, my encouragement to you this November is simple: **don't let your age or the winter weather discourage you from being active.** Whether it's joining a walking group, trying a dance class, swimming at your local recreation centre or exploring an activity you've always been curious about, there are plenty of ways to get moving. You might discover a new passion, make some wonderful

friendships and surprise yourself along the way. After all, who says you can't try something new at 38, 58 or 78?

As we embrace more activity, November's Fall Prevention Month also reminds us to be mindful of our surroundings. Wearing supportive footwear, maintaining good lighting and keeping walkways clear are simple precautions that can help prevent falls, particularly during the winter months.

If you have osteoporosis, a history of fractures, or concerns about your mobility, speak with a qualified healthcare professional about activities appropriate for you.

The important thing is to start where you are, find something you enjoy and keep moving. It's never too late to begin!

3. Movember: Starting Conversations About Men's Health

Throughout November, you may notice more moustaches as part of Movember, an international initiative dedicated to improving men's health. Movember raises awareness of prostate cancer, testicular cancer, mental health and suicide prevention.

Although growing a moustache may seem lighthearted, the message behind the campaign is serious.

Many men delay seeking medical advice or discussing concerns about their physical and emotional health. Health awareness begins with encouraging open conversations and reducing the stigma sometimes associated with asking for help.

Everyday Habits That Support Men's Health

Healthy eating patterns, regular physical activity, adequate sleep, and meaningful social connections can all contribute to overall well-being.



From a nutritional perspective, focusing on vegetables, fruits, whole grains, legumes, healthy fats, and a variety of protein foods is a practical starting point. These foods provide nutrients that support cardiovascular health, digestion and normal bodily functions.

Men should also discuss age-appropriate screening, personal risk factors, and family medical history with their healthcare providers.

Equally important is recognizing

emotional health as part of overall wellness. Sometimes the most meaningful action we can take is simply asking someone how they're doing and taking the time to listen.

Men's health shouldn't be a conversation confined to November. It deserves attention year-round.

4. The November Blues: Caring for Mental Health as Daylight Decreases

If you've noticed feeling a little more tired, less motivated, or emotionally flat as the days grow shorter, you're not alone. Seasonal changes can affect our mood, energy levels and daily routines.

For some people, reduced daylight contributes to the winter blues. Others experience seasonal affective disorder (SAD), a form of depression linked to seasonal changes.

The Canadian Mental Health Association identifies daylight exposure, physical activity and maintaining healthy routines as effective ways to support emotional well-being during the darker months.

Make Daylight a Priority

Try spending time outdoors during daylight hours, even when the weather isn't particularly inviting. A short midday walk can offer an opportunity for movement, fresh air and a break from indoor routines.

Open the curtains in the morning and, when possible, work or relax in natural light.

Create a Consistent Sleep Routine

Our sleep-wake cycle is influenced by environmental cues, such as light exposure.

As evenings grow darker, maintaining consistent sleep and wake times can help support a regular routine.

Aim for seven to nine hours of good-quality sleep if you're an adult between 18 and 64, recognizing that individual needs vary.

Reduce screen brightness before bedtime, create a comfortable sleeping environment, and avoid relying on late-day caffeine to make up for poor sleep.

Remember the Value of Connection

Colder weather sometimes prompts us to withdraw socially. Make an effort to maintain connections through coffee dates, phone calls, family dinners, or community activities. Sharing a meal with someone can provide benefits beyond nutrition. It creates opportunities for conversation, connection and emotional support.

If changes in your mood are persistent or begin interfering with your daily activities, speak with a healthcare professional. Depression is not something you need to manage alone.



5. Winter Nutrition: Building Meals That Nourish and Satisfy

As temperatures drop, many of us naturally gravitate toward warm breakfasts, hearty soups, casseroles and freshly baked goods. It's a signal to many of us that baking season has officially begun!

There is absolutely nothing wrong with enjoying the comfort of seasonal meals. In fact, colder weather offers great opportunities to add nutritious ingredients to everyday cooking.

Rediscover Whole Grains

Whole grains provide complex carbohydrates, fibre, vitamins, and minerals that support a balanced eating pattern. Unlike refined grains, whole grains retain the bran, germ and endosperm of the grain. This makes them valuable sources of nutrients that might otherwise be reduced during refining.

Oats are especially versatile in November. Beyond traditional oatmeal, you can use them in homemade muffins, baked oatmeal, granola, pancakes, and savoury dishes.

Whole wheat flour can add fibre and flavour to homemade breads, pancakes and other baked goods. When baking, try substituting some white flour with whole wheat flour and adjust the recipe as needed with a touch more liquid.

Barley, brown rice and other whole grains also make satisfying additions to soups and vegetable-based meals.

At Rogers Foods, we believe everyday ingredients can play an important role in delivering wholesome meals to Canadian tables.

Make Seasonal Produce Work for You

November is a wonderful time to enjoy vegetables such as squash, carrots, cabbage, potatoes, beets, and Brussels sprouts. These seasonal favourites provide fibre and a variety of vitamins and minerals.

Roasting vegetables with olive oil, garlic and herbs enhances their natural flavours without complicated preparation. Apples and pears are also excellent seasonal choices and can be enjoyed fresh, baked, or incorporated into breakfasts.

A warm bowl of oatmeal with sautéed apples, cinnamon and chopped pecans is a simple example of how nutritious ingredients can feel comforting and indulgent at once.

Don't Forget Hydration

It's easy to overlook hydration as the weather cools. We may not feel as thirsty as we do in summer, but our bodies still require adequate fluids.

Water remains one of the best everyday choices, but coffee, tea, milk and other beverages also contribute to our daily fluid intake. Keeping a reusable water bottle nearby is a simple way to encourage regular hydration. I keep my Stanley water bottle beside my computer during the day and by my bed at night. The convenient handle makes it easy to carry wherever I go.

6. The Power of Small Changes: Creating a Healthier November

One of the most common mistakes we make when trying to improve our health is trying to change everything at once. We decide to completely overhaul our diets, begin an ambitious exercise program and establish an entirely new routine overnight.

While enthusiasm is valuable, consistency is often more important than intensity. Instead, consider choosing just a few achievable habits for November. You might begin by preparing a nutritious breakfast most mornings, adding an extra serving of vegetables at dinner, or taking a short walk after lunch.

Maybe your priority is improving your sleep, reconnecting with friends, or finally booking a medical appointment you've been postponing. These actions may seem small on their own, but over time, they can contribute to meaningful improvements in health and well-being.

Personally, I believe one of the most valuable aspects of holistic wellness is recognizing how interconnected our health is. Nutrition influences how we feel and function. Physical activity supports our strength and mobility. Sleep supports recovery, while emotional well-being shapes how we manage everyday challenges.

We don't need a perfect routine to enjoy the benefits of healthier living.

We simply need to keep making choices, no matter how small, that move us forward.

A Healthier Season Starts With Everyday Choices

November reminds me that taking care of my health involves more than what I put on my plate.

Diabetes Awareness Month encourages all of us to learn about metabolic health and the value of nutritious eating patterns. Osteoporosis Month highlights the importance of protecting our bones. Movember reminds us to support the physical and emotional well-being of the men in our lives.

As winter approaches, changing daylight and colder temperatures encourage us to pay closer attention to our energy, movement, sleep, and mental health. Rather than waiting until January to make resolutions, why not use November to establish a few simple habits that can carry you into the new year?

Prepare nourishing meals, enjoy seasonal ingredients, stay connected with the people who matter to you and make time for movement and rest.

Most importantly, remember that wellness is not about perfection (thank goodness!). It's about creating a lifestyle that supports your health, happiness and quality of life, one thoughtful choice at a time.

Wishing you a healthy, nourishing and balanced November.

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

References and Resources

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A Note on Wellness Information: This article provides general wellness information and should not replace individualized advice from a physician or other qualified healthcare professional. Individual nutritional needs can vary, particularly for people managing diabetes, digestive disorders, kidney disease, food allergies, or other medical conditions. Always follow package instructions for preparation and food safety for flour, oats, bran, and other raw grain products. This article is for entertainment purposes only.

CAREERS AT ROGERS FOODS

Explore career opportunities 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 helps deliver trusted, high-quality products Canadians rely on every day.

We believe 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 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 join 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/



Warehouseman Spallumcheen, Full-time	VIEW
Junior Accountant / Financial Analyst Spallumcheen, Full-time	VIEW
Desktop & Network Support Analyst Chilliwack, Full-time	VIEW
Customer Service Representative Chilliwack, Full-time	VIEW
Grain Logistics Assistant Spallumcheen, Full-time	VIEW

SUPPORTING RELIEF EFFORTS IN PAKISTAN

At Rogers Foods, we believe in lending a helping hand when it's needed most. We're proud to share our recent charitable contribution through **Samaritan's Purse**, which helped send a full shipping container of donated supplies to Pakistan to support communities affected by devastating flooding. These much-needed supplies are helping families facing incredibly difficult circumstances, providing practical assistance and support as they recover.







Bhuro Mall – Looking for Work After the Rains



Bhuro Mall supports his family through **daily-wage labour**. He depends on whatever work he can find each day. When the nonstop rains and flooding came, the work around his village stopped.

Bhuro looked for work at nearby **brick kilns**, hoping to earn enough to buy food for his family. But the brick kilns were also closed because of the heavy rains. Each day without work meant another day without income.

When Bhuro received a food package through the VFK flood relief project, it brought much-needed relief to his family while he continued searching for work.

"I kept looking for work, but because of the rains everything was closed, even the brick kilns. I was worried because there was no money to buy food. Now my family has food, and I can continue looking for work without worrying about what they will eat today." — Bhuro Mall

For families like Bhuro's, losing even a few days of work can quickly become a crisis. This food assistance came at the right time and helped his family through a very difficult season.

Shanti – A Widow and Mother of Six Children



Shanti is a widow raising **six children** in Tharparkar. Even before the heavy rains, life was not easy for her. Her family lived in a small hut made from sticks and local materials. During the continuous rains, the hut was badly damaged, and they could no longer stay there safely.

Shanti had no choice but to take her children and move in with her mother. With no regular income, her biggest concern was simple: **how would she feed six children every day?**

When the VFK team reached her village, Shanti received an emergency food package. It arrived when her family needed it most.

"After the rains destroyed our hut, I took my children to my mother's home. I was worried about what I would give them to eat. Now we have food for the coming days. Thank you for remembering me and my children." — Shanti

Shanti still has a long way to go, especially in rebuilding a safe place for her children to live. But for now, having food for her family has taken away one of her biggest worries.