



# Rogers Bulk Food Store

Rogers Foods Ltd.

## NEWSLETTER

January 2019

### WHAT'S ON SALE:

Click the Store Flyer tab below.

### WHAT'S NEW:

Sprouting Seeds

Refried Beans

New Stash Teas

Frozen Blueberries are Back!

### RECIPE OF THE MONTH:

Blueberry Oatmeal Lentil Muffins

### STORE HOURS:

Monday to Friday: 9:00 a.m. to 5:00 p.m.

Saturday & Sunday: **Closed**

### CONTACT US:

1-800-356-8735 #5 or email "[store@rogersfoods.com](mailto:store@rogersfoods.com)"

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Rogers Bulk Food Store: 4420 Larkin Cross Rd., Armstrong, BC, V0E 1B6

*Quality Flour & Cereal Products* | [www.rogersfoods.com](http://www.rogersfoods.com)