

Ready to feed futures?

FEED

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sovena

Feeding Futures

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So Yummy

This year, have a Christmas without waste: See how you can reuse your leftovers, cooking wonderful recipes



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Up to Date

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What's up

Meet the winners of the Christmas drawing contest and see the list of colleagues celebrating work anniversaries at Sovena in 2021

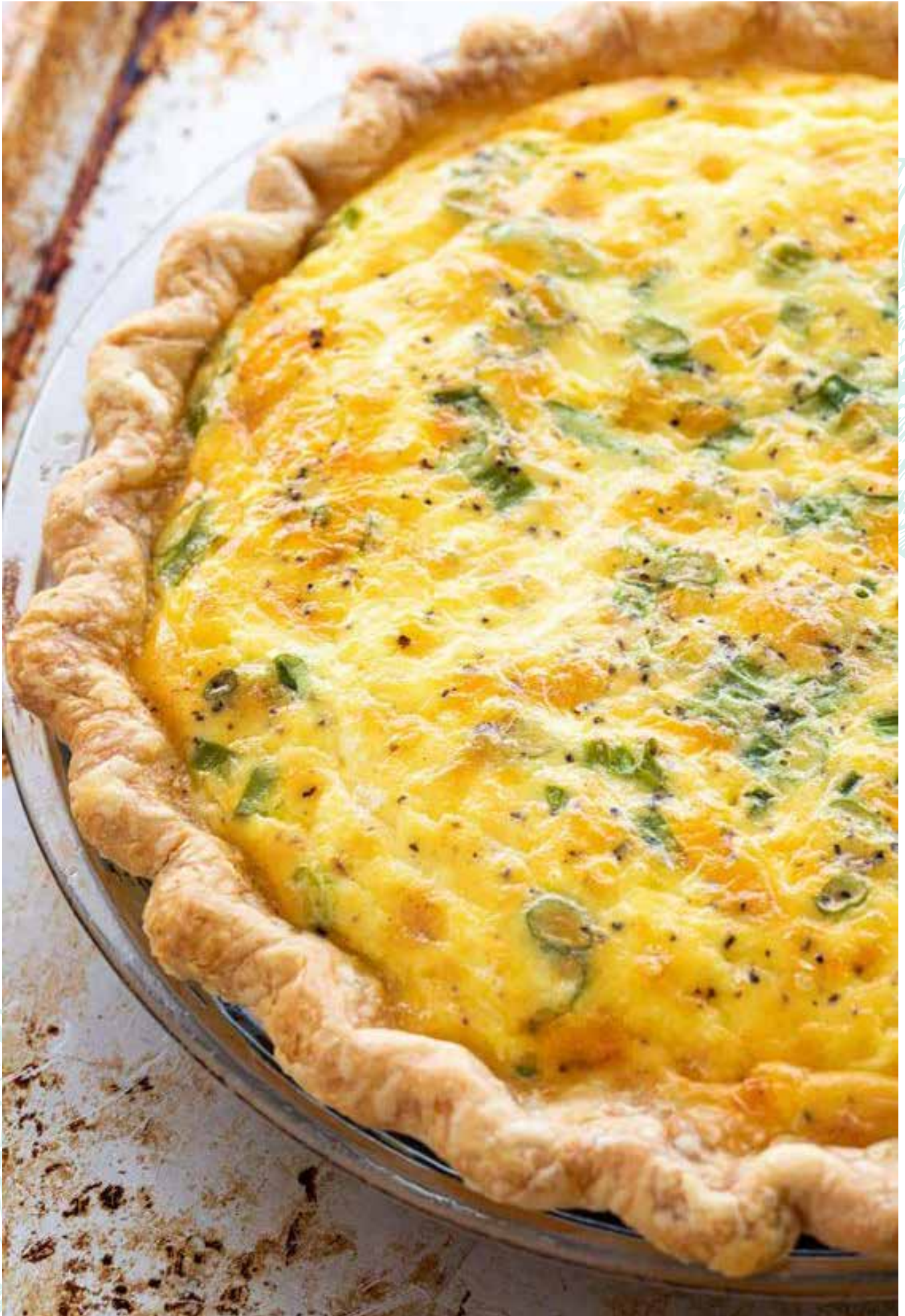


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B-side

See how to keep the Christmas spirit in the different industrial units: traditional trees, modern trees, trees made from recycled materials and even a clock!







Turkey quiche

Turkey is one of the most widely consumed animals at this time of year and, due to its size, it can result in leftovers and waste. So here is a recipe to make the most of it: turkey quiche. You will need shortcrust pastry, one onion, one clove of garlic, fresh mushrooms, shredded turkey, slices of chorizo, spinach, 2 chicken stock cubes, four tablespoons of extra virgin olive oil, salt, pepper, nutmeg, 200 ml of cream, one pot of cottage cheese, three eggs, three tablespoons of grated Parmesan cheese.

The first step is simple: place the dough in a round baking dish and cut off the excess baking paper. Heat the oven to 392°F. Sauté the chopped garlic in a frying pan with a little extra virgin olive oil. Add the spinach and mushrooms. Stir well and cook for as long as necessary until the excess water has evaporated. Now add the turkey and the two stock cubes. Cook for another five minutes, and set aside. Then, using the magic wand, whisk together the cottage cheese, eggs and cream. Season with salt, pepper and nutmeg. All to taste. Place the ingredients from the frying pan in the dish on top of the shortcrust pastry, add a few slices of chorizo and pour the cheese, egg and cream mixture on top. Finally, sprinkle with Parmesan cheese. Bake in the oven for about 20 minutes.

Turkey pie

For this recipe you need one pound of turkey. You also need two sausages, 2 large chopped onions, 3 cloves of garlic, 2 tomatoes, a bay leaf, parsley, white wine, salt and pepper. Oh, and of course, chicken stock. This is only for the filling. For the mashed potatoes you need one pound of potatoes, 50 grams of margarine, salt, pepper, nutmeg, milk, and two egg yolks.

You start, as always, by stir-frying the ingredients. Add almost everything, from the onion to the bay leaf, not forgetting the chicken stock, and of course the extra virgin olive oil! Add the white wine, parsley and chopped tomato. Add the turkey and leave to cook. Don't forget to remove the bay leaf when the meat has finished cooking. To make the mashed potatoes, boil the potatoes. Use a potato masher to mash the potatoes. Add the warm milk, margarine and season with salt, pepper and nutmeg. Prepare an oven-proof dish, alternating layers of mashed potato and meat. Brush with two beaten egg yolks to brown in the oven. The pie will be ready in less than an hour.









Cod fry-up

Now we move on to cod, an indispensable ingredient on a typical Portuguese Christmas table. It may seem unexpected, but a fry-up is useful for after Christmas. It could be the day after New Year's Eve to recover energy, for example.

You need 300 grams of this desalted fish, two tablespoons of extra virgin olive oil, sliced onions, chopped skinless and seedless tomatoes, six beaten eggs and a tablespoon of chopped parsley. Heat the frying pan and add the oil, then the onion. Add the cod and fry until golden brown. Then add the chopped tomato. Add the beaten eggs and the parsley and brown well on both sides. And there you have it.

Cod Risotto

And now for a recipe that is a little more complicated, but not impossible.

You will need a cod fillet, a bay leaf, a clove of garlic and a pinch of oil. And then there's the risotto, which is the most challenging part. A tablespoon of butter, a sausage, an onion, two cloves of garlic, a ripe tomato, a cup of rice, a glass of white wine, three cups of the water used to cook the cod. Salt and pepper. Two tablespoons of butter and 50 grams of Parmesan. And coriander. We hope you've got it right, because we're still only on the ingredients list. Don't panic.

Boil the cod, and set the cooking water aside. Put the butter and extra virgin olive oil in a saucepan. While the butter is melting, chop an onion, cut the sausage into small slices for frying, and add them to the pan. Next, peel the tomato, chop it and sauté it with garlic. Leave to stand while you chop the boiled cod, and add it to the

rest. Now add the rice and sauté it a little. Don't forget the white wine, it is an essential ingredient. Now add the cod cooking water to the stock. Season with salt and pepper. When the rice starts to run out of stock, add more and repeat until the rice is fully cooked. All that is missing is the butter. Two tablespoons are enough. And of course: Parmesan cheese. Add the cod and it's ready to serve.

As you can see, there are many options. If you economise at the table, you shouldn't have many leftovers, but there is always an ingredient that can be given a new life. Get the kids in the kitchen just after Christmas and get creative. In addition to these recipes we have given you here, there is a whole universe where anyone can have fun, respecting the food at all times, and prepare exquisite meals that are a pleasure to eat.



The page is decorated with various greenery and berries. In the top left, there's a sprig of evergreen. In the top right, a branch with large green leaves and red berries. In the middle left, another sprig of evergreen with red berries. In the bottom left, a brown paper-wrapped gift tied with a white string, adorned with a sprig of evergreen. In the bottom center, a small sprig of evergreen.

Green and sustainable christmas

If Christmas is the happiest time of year, it is also the time to think of others. And to think of others is to be in tune with environmental issues: one of the fundamental issues for the future we want to build. So, this year, there is nothing better than offering something “greener” to your father, mother or even your Secret Santa.



Now, a gift for those who also like to take time to look after themselves.

"The Art of Christmas Bath" is a colourful and sweet-smelling assortment of various bath products from Lush, to share with the family or to use just for yourself. It has a box made from 100% recycled cardboard, and various bath "bombs".

So you'll be ready for whatever comes your way - without even leaving the bathroom. In addition, Lush uses alternative methods that don't use animals or by-products. In other words, this gift is not only sustainable, but also pet-friendly!

At Christmas time, you need better lighting to brighten up the holiday spirit. And to reduce your ecological footprint, how about using candles? Sound good? Sapato Verde has an eco-friendly candle in a tin or an old glass bottle. It is made from biodegradable and non-toxic wax based on waste edible vegetable oils. Of course, once consumed, you can reuse the can or bottle for whatever you want.





Have you heard of Upcycling? It has nothing to do with bicycles. It is, actually, the creative reuse of products, waste or parts that may seem useless to you but may not be. Now, Pegada Verde, a Torres Vedras-based brand that sells eco-friendly products, has developed a sustainable kit that contributes to the reuse of materials. It is the Vintage for a Cause DIY recycling kit, in partnership with product designer Erika Bona.

The kit has everything: reusable moulds, instruction guide, industrial surplus fabrics. Who knows, with a little patience, you could make a wallet to give as a Christmas gift.



For those who like gardening, or simply for those who like to cook with fresh home-grown herbs, a small pot is always useful. Plant some oregano or basil and you will always have them on hand for your cooking. Especially for those who don't have terraces or balconies and live in cities, this idea takes up very little space. Westwing has a Life in Bag growing kit, parsley, basil, oregano, coriander... you will find many different options for growing your own herbs.



This year, instead of buying online from abroad, you can buy local products. We suggest a poster or illustration, which always looks good on the walls at home and can be made with eco-friendly materials. Violeta Cor de Rosa by Joana Ines-Soares is an example of this.



Finally, a toy. Nowadays it is increasingly difficult not to refuse children's requests and, at the same time, to give them "greener" toys. Sofia Giraffe, as well as many other products that are currently being sold by more sustainable brands, are a good option. It is made of natural rubber and painted with food dyes. It is a toy that soothes teething babies and helps to awaken all the senses. It is sold worldwide and is a partner of the Giraffe Conservation Foundation which helps to secure the future of this fabulous animal on the African continent.




House years

Algés



Recognize the Years of Service is an initiative that fills our hearts, because we can feel in all our people the pride of belonging to our Sovena family. From those who make 5 years to the 40th anniversary of the service in this house, it is our pleasure that we can say THANK YOU to each one individually.

This year, we managed to go through some of our locations and perform a small ceremony, and even while masked, smiles appeared!

Thank you for being part of Sovena's history and for all the professionalism, dedication, and commitment shown over the years. We are very proud that you are part of the Sovena family! 



Barreiro





What's up?



Palença



Andujar





Brenes





What's up?

SOVENA PORTUGAL: Unidade Algés

5 years



**José
Pereira**



**Patricia
Valada**



**Jorge
Reis**



**Vera
Ramos**



**Carla
Pereira**



**Ricardo
Venâncio**



**Nuno
Alarcão**



**Joana
Oom**



**Margarida
Matos**

10 years



**Paula
Lopes**



**José
Almeida**



**Luísa
Bragança**



**Gonçalo
Figueiredo**



**Diogo
Melo**

15 years



**Vasco
Tamagnini**

20 years



**Jorge
de Melo**

30 years



**Joaquim
Custodio**



**Helena
Martins**

35 years



**Vitor
Viola**

40 years



**Ana
Costa**



SOVENA PORTUGAL: Unidade Barreiro

5 years



**Luís
Vieira**



**Rita
Soares**

10 years



**Sérgio
Pires**



**Ana
Marques**

15 years



**Ana
Salvador**



**Bruno
Bravo**



**Nuno
Rodrigues**



**André
Guerreiro**



**Dália
Diogo**



**Dário
Matias**



**Bruno
Vicente**



**Maria
Bolrinha**



**Paula
Rafael**



**Nuno
Rodrigues**



**Luís
Costa**

20 years



**Rui
Cartaxo**



**Pedro
Rufino**



**Carlos
Pinto**



**Pedro
Lourenço**



**Rui
Quitéria**



What's up?

SOVENA PORTUGAL: Unidade Barreiro



João
Jesus



Vitor
Mestre



Paula
Pereira



Bruno
Mendonça



António
Ligeiro



Pedro
Sousa



Nelson
Teixeira



Ricardo
Regalado



Daniel
Gonçalves



40 years

Mário
Simões



José
Fernandes



Maria
Santos

SOVENA PORTUGAL: Unidade Nutrifarms

5 years



Jorge
Sousa



Nuno
Gonçalves



Bruno
Varela



João
Duarte



Pedro
Miranda



SOVENA PORTUGAL: Unidade Nutrifarms

10 years



Mário
Baião



André
Fernandes



Pedro
Carapinha



João
Franganito

15 years



Manuel
Baião

SOVENA PORTUGAL: Unidade de Palença

5 anos



Américo
Rocha



Rui
Neto



Bruno
Ricardo

10 years



Marco
Santos



Edgar
Vilhena

20 years



Rui
Caeiro



Telmo
Diniz



João
Mourão

25 years



Maria
Dionísio

30 years



Albertino
Marques

SOVENA ESPANHA: Unidade Andujar

5 years



Olga
Aviles

15 years



Juan Miguel
Cardeñas



Juan Carlos
Maldonado



David
Garcia



Luis
Castillo



What's up?

SOVENA ESPANHA: Unidade Andujar



**Enrique
Cantudo**



**Manuel
Cardeñas**



**Pedro
Utrera**



**Alberto
Saez**



**Maria Josefa
Cachinero**



**Francisco
Cantudo**



**Francisco
Aceituno**

30 years

SOVENA ESPANHA: Unidade Brenes

5 years



**Santiago
Mateos**



**Cristina
Lobaton**



**Ana
Capilla**



**Oscar
Rincon**



**Moises
Bernal**



**Pablo Rodriguez
Izquierdo**



**Antonio
Maria Macias**

10 years



**Marina
Espejo**



**Maria Carmen
Caparros**

15 years



**Cristina
Rubio**



What's up?

SOVENA ESPANHA: Unidade Brenes

20 years



**Isabel
Ortega**



**Sandrine
Aroca**



**Juan Jose
Ruiz**



**Feliciano
Millan**



**Alberto
Marchena**

25 years



**Fermin
Rabaneda**



**Maria
Rocio Ocaña**



**Jose
Cueli**



**Antonio
Ruiz**



**Jose Antonio
Pavon**

30 years



**Antonio
Salgado**

SOVENA ESPANHA: Outros Espanha

5 years



**Alejandro Rojo
(Aranda del Duero)**



**Miguel
Gutierrez
(Cuenca)**



**David Crespo
(Madrid)**



**Ángeles García
(Industrias
San Pedro)**

15 years



**Sonja
Wickmann
(Plasencia)**



SOVENA USA

5 years



**Keith
Wishart**



**Shane
Williamson**



**Henry
Sorensen**

10 years



**Nelson
Colon**



**Michael
Rusaw**



**Christine
Joy**



**Steven
Smith**



**Kimberly
Lewis**

15 years



**Dominick
Scarano**



**Jacqueline
Crannell**

25 years



**Zeco
Puric**



**Ferid
Smajkan**

SOVENA BRASIL

5 anos



**Fabrício
Amorim**



**Marcelo
Gaia**



**Antônio
Cruz**



Sovena Christmas Drawing Contest 2021

The Big Sovena Family... was the theme chosen for another Sovena Christmas Drawing Contest.

A moment that allows us to be closer to employees and their families by the hands and eyes of our children.

This year, we extended the Contest also to the United States, having had a great support of Sovena USA and thus reaching 9 locations:

- 4 in Portugal, Algés, Barreiro, Palença and Nutrifarms
- 3 in Espanha, Andújar, Brenes and Plasencia
- Brasil
- USA

It is a simple initiative, but with lots of meaning, because it allows us to take Sovena home to each of our people! Thank you little artists, for your works! See you next year!



Algés

Marta e Lorenzo
Peratoner
8 and 12 years



Laura
3D drawing



Marta
6 years

Andujar



Daniela
6 years



Cayetana
4 years



Eva
5 years

Barreiro

Lucas
5 yearsXénia
11 yearsSalvador
8 years



Brasil

Emanuelle
9 years

Heitor
7 years



Gabriella
5 years



Brenes

Margot
11 years



Carmen
10 years

Martin
5 years

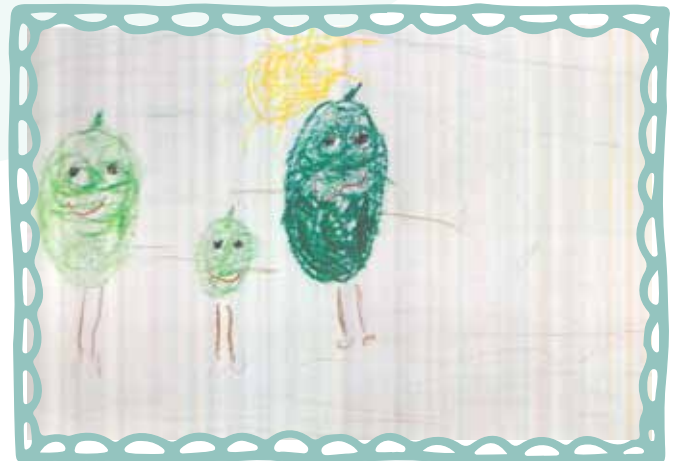


Nutrifarms



Joana
3 years

Maria
4 years



Leonardo
3 years

Plasencia

Bruno
10 years



Lucia
11 years



Paula
4 years

Tagol

Manuel
9 years



Maria Santos
5 years



Teresa
5 years

USA



Melanie



Levi
5 years



Maria



Discover astronomy

Sovena's going to the Planetarium! In an attempt to support national culture and infrastructure, we invited our little artists to visit the Navy Planetarium in Lisbon.

The Calouste Gulbenkian Planetarium was built between 1963 and 1965, designed by architect Frederick George. On July 20, 1965 it was inaugurated and integrated into the Navy Museum. The Planetarium has as a dream, to keep alive the passion for astronomy in Portugal, so come on and learn more about over 9000 stars, the Milky Way and more!

Between December 16th and January 9th there is a special Christmas Schedule, so don't miss out!





Department: **Refinery** Factory: **Barreiro**



Department: **Packaging** Factory: **Barreiro**



Department: **Maintenance**
Factory: **Barreiro**



Department: **Refinery**
Factory: **Palença**

B-side

For many years, our industrial units have decorated their workplaces... and this year we challenged them to share their work with all of us!

The idea of Christmas trees is a way of keeping the Christmas spirit in the workplace and especially for those who are working in continuous work and who by the nature of their work, cannot be with their families on any of the celebration dates, such as Christmas or New Year.

We have more traditional trees, more modern trees, trees made of recycled materials and even have a clock! All handmade by our people and how beautiful for our factories! Merry Christmas!



Department: **Laboratory**
Factory: **Palença**

Department: Granéis
Factory: Barreiro



The Christmas tree was built using materials used in our daily life: vitamin A bidons (painted in green by the Team), plastic bottles filled with oil and olive oil, the glass bottles filled with filtration land before and after the process and leaves of Olive, and the stars with bags of filtering grounds



**Want to take part in
the next FEED?**

Send your suggestions and ideas
to marketing@sovena.pt

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