

Ready to feed futures?

FEED

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sovena

Feeding Futures

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Recipes for a special and refreshing summer

Summer is one of the most exciting seasons of all, and it's the perfect time to spend with family and friends, relax, go to the beach, to the mountains, to the cafés... it's time to enjoy life's little pleasures. During the summer holidays, meals need to be fresh and delicious. This section features a selection of light and refreshing recipes, ideal for warmer days.

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STARTER

Quinoa Tabbouleh

Time: 1 hour

Servings: 1 serving

INGREDIENTS:

*1 cup quinoa
grains*

*1 medium tomato, diced,
peeled and seeded*

1 medium onion, chopped

1 large garlic clove, chopped

3 tablespoons chopped parsley

2 tablespoons mint, chopped

Juice of 1 lemon

2 tablespoons Andorinha

Organic Olive Oil

1 teaspoon salt

METHOD:

Quinoa seeds are covered in a layer of saponin, a bitter resin that forms a kind of soap when it comes into contact with water. Therefore, we recommend washing them under running water and rubbing them with your hands until any traces of the substance have been removed. A good way to test this is by tasting it raw. If it still tastes bitter, it's because the resin is still there.

In a small saucepan, bring the quinoa and 2 cups of filtered water to a boil over medium heat. Cook for 25 minutes, with the pan partially covered. Place the quinoa in a bowl and let it cool. Then mix all the remaining ingredients with the quinoa, stirring well, and refrigerate. Minutes before serving, take the tabbouleh out of the fridge and leave it to rest at room temperature.

Tip: Can be served with pita bread and strained yogurt.





MAIN COURSE

Salmon tagliatelle with pine nuts and ricotta cheese

Time: 20 minutes
Servings: 10 servings

INGREDIENTS:

28.2 oz of tagliatelle
52.9 oz of salmon fillets
1.7 fl oz of Oliveira da Serra Virgin Olive Oil
8.8 oz of onion, chopped
1.8 oz of garlic, chopped
1.4 oz of dried tomato, chopped
21.2 oz of spinach
15.9 oz of ricotta cheese
2.8 oz of toasted pine nuts
Coriander to taste
Sea salt to taste
Freshly ground pepper to taste

METHOD:

Cook the pasta in water seasoned with sea salt, drain and set aside.

Meanwhile, prepare a base in hot virgin olive oil with onion, garlic and sundried tomatoes. Add the pasta, mix everything together and add the spinach.

Cut the salmon into cubes, season with sea salt and freshly ground pepper and blanch in a hot, oil-free frying pan.

Add the salmon and crumbled ricotta cheese to the pasta.

Adjust seasoning and add the pine nuts. Serve the pasta in a deep dish and sprinkle with coriander leaves.

Orange cheesecake

Time: 1 hour

Servings: 8 servings

INGREDIENTS:

7 oz of cream cheese

8.8 oz of ricotta cheese

3 eggs

4 tbsp of sugar

2 tbsp of orange juice

4 oranges

2.8 oz of digestive biscuits

2.8 oz of peeled almonds

4 tbsp of Fula Pure Maize oil

METHOD:

Chop the almonds and the biscuit and mix together. Add the Fula Pure Sunflower oil (if necessary, add another tablespoon to bind the dough).

Cover the bottom of a removable mold with greaseproof paper and spread the biscuit and almond mixture on top, pressing down well with your fingers.

Use a grater to remove the zest from two oranges and set aside.

Squeeze out the juice and set aside. Peel a third orange, taking care not to remove the white part (it's easier with a peeler) and cut the peel into a thin julienne. Set aside. Cut the last orange into very thin slices. Set aside again.

Beat the eggs and sugar well in a bowl. Add the cream cheese in chunks until the mixture is smooth and do the same with the ricotta cheese. Add the zest of the two oranges and 2 tablespoons of juice and mix everything well.

Pour over the biscuit and almond base and bake in the oven, preheated to 150°F, for 30 to 40 minutes.

Meanwhile, pour the remaining juice and the julienned orange peel into a frying pan and let it reduce over a very low heat for a few minutes until a syrup forms.

When the cheesecake comes out of the oven, decorate with thin slices of orange and cover with the orange syrup you've just made!



COCKTAIL

Cocktail de pepino e aipo

Time: 15 min

Servings: 6 servings

INGREDIENTS:

3/5 cucumbers

3/5 celery

0.2 fl oz of lemon juice

*0.5 fl oz of Oliveira da Serra
Extra Virgin Olive Oil Gold*

GARNISH:

3/5 slices cucumber

3/5 leaves celery

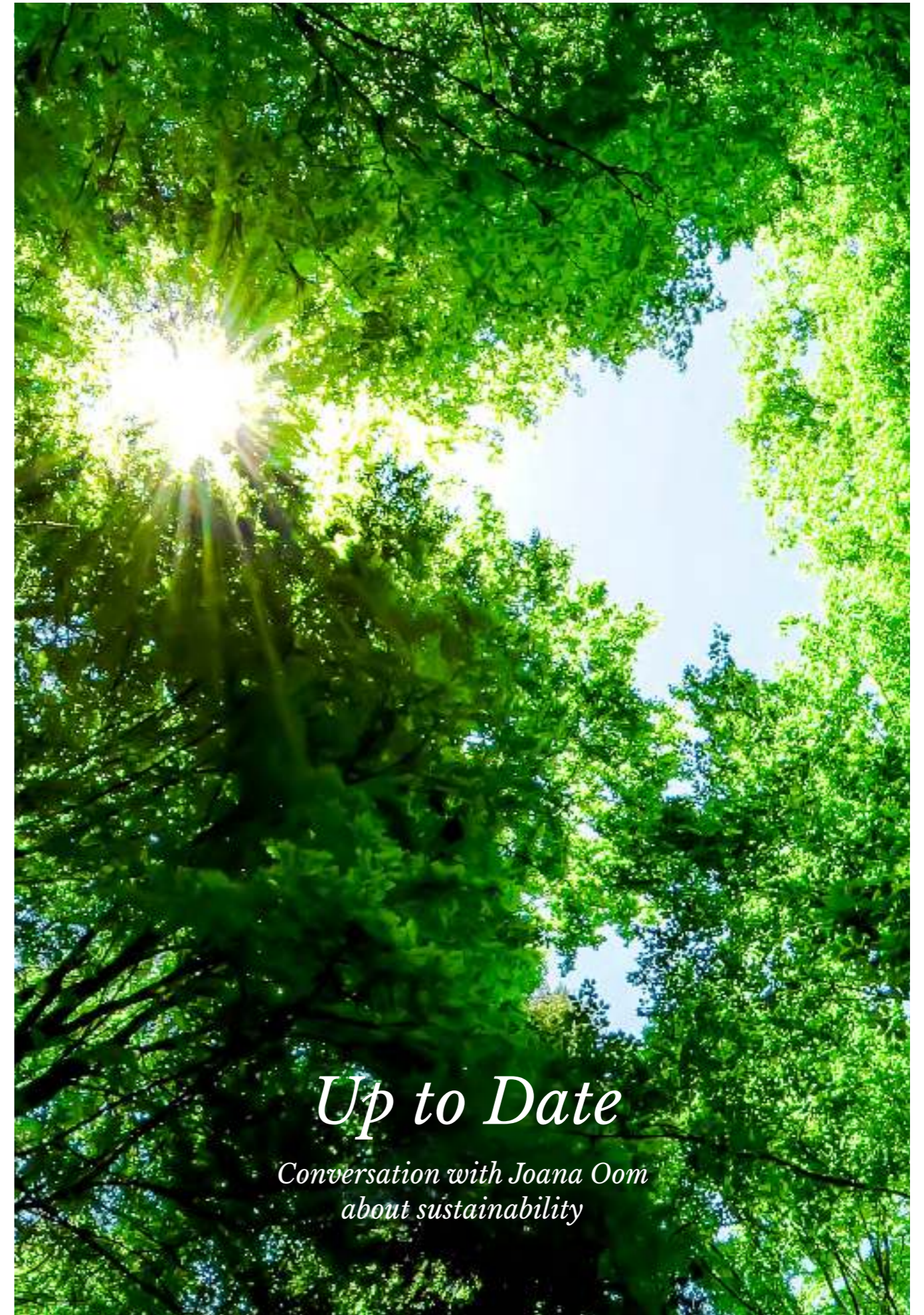
METHOD:

Crush the cucumber in a centrifuge and set aside.

Next, crush the celery. Pour 90ml of the juice of each vegetable into a shaker and add the lemon juice and Oliveira da Serra Extra Virgin Gold olive oil. Add ice cubes and mix well.

Pour into a tall glass and garnish with cucumber slices and celery leaves. Serve immediately.

Suggestion: Add 40ml of gin or vodka.



Up to Date

*Conversation with Joana Oom
about sustainability*



Conversation with Joana Oom de Sousa
Sustainability Director of the Sovena Group

“Committed to Sustainability in all its forms”

Sustainability is a fundamental issue in all sectors, and for Sovena, a company with a presence throughout the value chain, this responsibility is even more pressing. Joana Oom de Sousa, Sovena’s Sustainability Director, emphasises the importance of addressing sustainability in both agriculture and industrial activity, with the end product reflecting this commitment.

“In agriculture, the strict use of resources, especially water, and the application of innovative and sustainable farming techniques, together with the preservation of biodiversity, are fundamental. We invest in continuous improvement and efficiency projects in our industrial activity, with a focus on reducing energy consumption and transitioning to renewable sources”.

Sovena is determined to help minimise the impact of global challenges by focusing their actions on the areas where they operate directly.

“In 2022, our company Nutrifarms became the first olive grower in the world to be recognised with the Silver level of the Farm Sustainability Assessment, confirming that we apply the strictest criteria when considering people, the planet and economic aspects”.

Sovena is also committed to promoting biodiversity and is implementing a Natural Values Management Plan on our farms. In addition, we are constantly working to reduce greenhouse gas emissions, having already achieved a reduction of around 10% in Scope 1 and 2 emissions compared to 2020. Currently, 100% of the electricity used by Sovena in Portugal comes from renewable sources.

With regard to packaging, the Oliveira da Serra brand obtained the maximum score (A) in the Recyclclass methodology, which reflects the company’s ongoing work to optimise packaging.

“When it comes to our people, who are at the heart of what we do, we promote the appreciation of everyone and the reconciliation of professional and personal life, and we are recognised as a family-responsible company. We also invest in our communities through various Programs, with the main focus on supporting vocational training”.

Sovena is committed to promoting sustainability and people’s well-being, aligning its practices and actions with current and emerging realities. Joana emphasises that **“a commitment to sustainability is at the heart of our business, and we will continue to work tirelessly to create a positive impact at every stage of our value chain”.**

“Sovena is determined to contribute to minimising the impacts of global challenges by focusing its actions on the areas where it operates directly”.



SUSTAINABILITY

Our actions and commitments

Our 2022 Sustainability Report, which has been available online since May, reflects the result of two years of work and commitment to building our sustainability strategy: **NURTURING THE FUTURE FOR A PROSPEROUS PLANET AND THRIVING PEOPLE.**

This year we would like to recognise the cooperative and responsible work of all our stakeholders. From our suppliers to our customers to our people, we have worked

together to find innovative solutions that have enabled us to overcome market challenges and guarantee the supply and quality of our products.

The joint and dedicated effort of each and every one of us is essential if we are to continue to push for a sustainable future. Through responsible and conscious practices, we are building a future where the planet's prosperity and people's well-being go hand in hand.

GOING FURTHER IN OUR COMMITMENTS AND ACTIONS

Our Strategy / Feeding futures for a planet that prospers and for people that thrive

With our **five core pillars** we intend to achieve an increasingly diverse and sustainable diet, based on the best agricultural practices available and a more efficient and circular transformation. To attain it, we bring together our employees and the supply chain partners, and engage them in the purpose of feeding futures, while contributing to shape an energised community, and create consumer awareness of informed food choices and diverse diets.

To ensure the success of our strategy we rely on three **key enablers**: the highest **QUALITY** and the highest **FOOD SAFETY** standards as an imperative for Sovena's practices and a strong **INNOVATION** and **DEVELOPMENT** culture that helps us achieve our goals quickly and efficiently.

More about **the materiality assessment that underpins our strategy.**

FOR A PLANET THAT PROSPERS		FOR PEOPLE THAT THRIVES		
PRODUCE FOOD IN A SUSTAINABLE WAY	PROCESS EFFICIENTLY, IN A LOW CARBON AND CIRCULAR WAY	FOSTER EMPLOYEE'S DEVELOPMENT AND CONNECTION	ENGAGE AND ENERGIZE THE LOCAL ECOSYSTEM	ENCOURAGE INFORMED FOOD CHOICES AND DIVERSE DIETS



We are engaged in contributing with our strategy and action plan, to the **United Nations Sustainable Development Goals**, specially aligned with our strategy and which we contribute more strongly with our actions.

The report highlights various initiatives implemented over the last year, covering areas such as biodiversity protection, energy efficiency and emissions reduction, conservation of natural resources, support for our people and the communities where we operate and the promotion of healthy eating.

Together, we continue to nurture our future with responsibility, innovation and a watchful eye on tomorrow.

REPORT:
https://www.sovenagroup.com/media/reports/pdf/sovena_sustainability_report_2022.pdf

OVERVIEW:
https://www.sovenagroup.com/media/reports/pdf/sovena_sustainability_overview_2022.pdf

GRI INDICATORS:
https://www.sovenagroup.com/media/reports/pdf/sovena_content_index_required_under_Law_and_global_reporting_initiative_2022.pdf



Oliveira da Serra launches the “Choosing What’s Good Makes All the Difference” campaign

Oliveira da Serra has launched a new campaign with the slogan “Choosing What’s Good Makes All the Difference”. This communication, which took place in April, aims to continue the brand’s positioning and slogan “What’s Good for the Earth”. Starting from a positioning based on the pillar of



environmental sustainability, in which the brand showed its good environmental practices, this campaign underlined another pillar, namely social sustainability. Oliveira da Serra will continue to provide olive oils of the quality to which the Portuguese have become accustomed, and they will always be able to count on the brand to “Choose what’s Good”. But the brand wants more and wants this choice to “Make the Difference”. To achieve this, they are committed to contributing proactively, through collaborations and tips, such as combating food waste, how to manage food, organising the fridge, managing the family budget, making more optimised meals, among other content that will help families in their daily lives. According to Loara Costa, Sovena’s Marketing & Trade Marketing Director, “With this new campaign, Oliveira da Serra wants to be even closer to the Portuguese people by encouraging them to make choices that make a difference, be they the product they put on the table or by making decisions that optimise their daily lives. For this we will be relying on various collaborators who, through their areas of expertise, will be able to make a difference”. This communication included a physical presence with MUPIS nationwide and buses in the cities of Lisbon and Porto, as well as at the point of sale in different formats: paper, digital and alarm covers. As well as partnerships and collaborations that will contribute content to Oliveira da Serra’s website and social networks.



Winner of the National Sustainability Award

The Oliveira da Serra brand recently won 1st place in the National Sustainability Award in the Sustainability Communication category. Through a 360° approach, the campaign aims to make consumers aware of the sustainable practices adopted by the brand, from the production to the packaging of the oil. With its slogan “Good for the Earth”, Oliveira da Serra emphasises the importance of respecting and preserving natural resources. As a market leader for 12 consecutive years, the brand believes it has a responsibility to contribute to sustainability and invites consumers to join it on this journey. The central message is to build a better future together, while respecting the earth and its resources.



Fula supports the Recycle for the Future Solidarity Campaign

As part of initiatives to collect used cooking oil, Fula is supporting the Recycle for the Future campaign, an APAMB association initiative. Used cooking oil is deposited directly in the bins placed at fire brigades, charities, and other Campaign partners, with each associated institution receiving a fee per liter received. Fula contributed a total of 150 branded oil bins, which will enable the campaign to have a presence in various locations, thus increasing its distribution throughout the country.



Fula with the kids at the Panda Festival

After 13 years, Fula is once again sponsoring the Panda Festival, an event that brings together children and their families. With the Fula brand's new positioning, the intention is to get closer to younger families, as well as continuing to work on diversity and food inclusion. The brand will therefore have an activity space for children and their families to experience Fula!



The transformation of Brazil's most beloved brands

Andorinha Olive Oil has been on the tables of Brazilian families for more than 95 years. "Dorinha", who was introduced to the public in 2011 as the brand's virtual mascot on social networks and girlfriend of the late Louro José on Globo's "Mais Você" program, the country's largest television station, has played an important role in the brand's history. Since then, Dorinha has taken part in some of the brand's key moments and is now ready to take center stage as Andorinha's brand voice. To achieve this, the character has undergone a complete overhaul. Her makeover-worthy transformation goes beyond her looks and extends to her personality, which is now engaging, humanised and dynamic. On her very first day as the brand's voice, Dorinha "invaded" Instagram @ AzeiteAndorinha and took control of all the brand's social networks. As well as taking over Instagram, seeking to connect with a younger generation, the character introduced the brand

to TikTok, completely immersing herself in the content of one of the platforms most loved by Brazilians. Andorinha Olive Oil is the first in its segment to have an account on this social network and, in just a few days, it already has more than 34,000 followers, 217,000 likes and 7 million views.



Dorinha gets a new look and takes on a more prominent role in communication



Revoa 2023 Project

This year, the Revoa Project will invest in a social project called Gastronomia Periférica (GP), which is committed to training cooks from the black community, with the aim of balancing technical and interpersonal concepts, becoming multipliers in the fight against food waste, and agents of their own transformation. These are 100% free classes, focused on technical development and human skills, which can be replicated in all the marginalised areas of Brazil. GP's work is based on the UN's Sustainable Development Goals (SDGs), which include poverty eradication, zero hunger, good health and well-being, quality education, gender equality, decent employment and economic growth, reducing inequalities and responsible consumption and production.

It's a transformative education project, in keeping with the pillars of Andorinha's work. Our role as investors and together with the GP is to train 340 students in one year on the professional cookery course, adding an olive oil specialisation module to the course content. Furthermore, we are changing the product's labelling to highlight its commitment to allocate 100% of profits to accelerate social impact businesses and make it easier for consumers to understand when shopping in supermarkets.



Andorinha at the Taste Brasília Festival

In May this year, Andorinha was the official olive oil at the Taste Festival gastronomic event, in its second edition in the city of Brasilia. We realised that beyond São Paulo, where the event has been held for several years, the time had come to take our knowledge and entire range of products to other regions of the country.

In this edition, we took our stand to the capital of Brazil, with tastings of bread, caramel, and cheeses, as well as announcing the launch of the first harvest of 2023.

Another interesting initiative was an exclusive



class at Papo de Cozinha, a space with various practical classes where people can cook alongside a chef. We developed the class in partnership with the prestigious Mocotó restaurant, run by chef Rodrigo Oliveira, a great partner of the brand. The main course was Couscous with Carne de Sol in Cream and Andorinha First Harvest Olive Oil with Chilli Peppers, while dessert was Chocolate Mousse with Andorinha Primeira Colheita Olive Oil.



Another year at APAS 2023

Another year has passed and Andorinha made its presence felt at APAS, the São Paulo Association of Supermarkets, with a 72m² stand designed to welcome guests and provide a unique experience from the Sovena product range. The event took place between the 15th and 18th of May and is a vital business opportunity, as clients from all over Brazil visit the fair for business.

Our "Make your own olive oil" activity was held inside the space, which offers guests the opportunity to choose the intensity of the olive oil's sensory attributes and try their own creation with a pairing recommended by us. In doing so, we wanted to reaffirm our slogan that not all olive oils are the same by demonstrating in practice that different combinations can offer different aromas and flavors.



Sovena USA: Recognised as Company of the Year by the Chamber of Rome

The Rome Area Chamber of Commerce recently selected Sovena USA as one of the companies to receive the Company of the Year award in the "For-profit with more than 50 employees" category. The company has been recognised for its significant contributions to Rome's economic development. Through job creation, volunteering, community involvement and production, Sovena USA has played a key role in promoting the economic vitality of the city. The company was honored during the Chamber's prestigious Annual Meeting on 1 June.



Earth Day Commitment

On Saturday 22 April, Sovena USA hosted its second annual Earth Day cleanup. Several employees teamed up to help clean the premises and managed to collect two trucks full of waste. This initiative was a real success, demonstrating Sovena USA's commitment to sustainability and caring for the environment. The staff showed a remarkable volunteer spirit, committing themselves to the preservation of the local environment. Sovena USA, recognised for its sustainable business practices, has reinforced its commitment to the community by promoting this environmentally responsible action.





Sovena installs solar panels on the roofs of the Barreiro factory

The roofs of the buildings at the Barreiro factory are covered with 1,600 solar panels, over a total area of approximately 6,000 square metres. With an installed capacity of 0.86 MW, this solar power plant reduces external dependency by 17% and continues the Sovena Group's investment in the energy transition.

Olive Oil Tank Storage Increase

As part of the various investments for the Barreiro Plant, in line with the growth in the olive oil market, an increase in olive oil storage capacity was envisaged. The project was carried out in two phases, starting in January 2020 with an increase in storage capacity of 1,200 m³, and an increase in filtration capacity with the installation of a new filter. At the end of April 2022, the project was completed with an increase of a further 1,040 m³. The current storage capacity of Olive Oil in Barreiro is 2,840 m³.



Sovena Angola's new plant launch!

Sovena is in the final stages of assembling its latest plant in Angola, with the production line about to start the commissioning process and prepare for a full start-up next July. This new plant, which represents a significant milestone for the company, will have a production capacity of 36 million liters per year of oils and seasonings in the first phase. The plant will have a team of 13 employees,

made up of operational and administrative personnel. These professionals have already begun their training process, ensuring that they are fully prepared to face the challenges and seize the opportunities arising from this new project. With the completion of this state-of-the-art facility, Sovena reaffirms its commitment to strategic expansion and sustainable growth.



Innovative odor monitoring project at the Almada plant



It was in 2015 that Sovena Oilseeds began a project to monitor atmospheric odors in the municipality of Almada, under the technical coordination of a team specialising in air quality from Nova.ID, the Faculty of Science and Technology at Universidade Nova de Lisboa, led by Prof. Francisco Ferreira.

The project consists of the development of studies and innovative techniques to characterise atmospheric odours around the Almada factory, involving the participation of citizens and local stakeholders in the municipality. Techniques such as field olfactometry, H2S monitoring through passive diffusion and computer-based simulation of the atmospheric dispersion of odors were developed within the scope of this project. Bearing in mind that the dispersion of odors varies according to meteorological parameters, Sovena has installed a meteorological station in its factory to support the studies.



Barreiro Night Run 2023

In May, Sovena once again joined the Forum Barreiro Night Run'23 and sponsored the registration of 34 employees. Congratulations to all the athletes involved, year on year there are more of us! As usual, the race has a charitable focus and this year 10% of the registration fee went to the "Casa dos Rapazes" Santo André Social and Parish Centre. Sovena has also donated its products to the Center.



"Discovering Olive Oil" Training

Improving our people's knowledge of one of Sovena's main business areas is fundamental. That's why we challenged the Olive Oil Sourcing team to develop a training course on olive oil for Anquiparque employees! So far, we have held 6 sessions involving more than 75 employees. A special thank you to the Portugal Sourcing team!



EDP Lisbon Half Marathon and Vodafone 10K

Our signature "Feeding Futures" encourages a healthy lifestyle, and, in March, 19 athletes/employees took part in the EDP and Vodafone Run/Walk.





Sovena Family Day in Portugal

Sovena Family Day was a day dedicated entirely to those who inspire us most, our people! It was a time for sharing, with plenty of smiles. As part of the EFR certification process, we were asked for more gatherings in which we could share with families a little more of what we do at Sovena, and that's why we organised this day!

We had more than 200 people at this first edition of Sovena Family Day and next year we hope to do it again!





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"A minha experiência foi bastante enriquecedora. Senti-me acolhida e integrada por toda a equipa, nomeadamente, pelo departamento de Contabilidade ao qual faço parte. Um estágio de 6 meses, que me permitiu adquirir conhecimento e conciliar a teoria com a prática, tendo em conta que foi o meu primeiro contacto com a área. Agradeço à Sovena pela oportunidade e por ajudar no meu crescimento tanto a nível pessoal, como profissional."

Cátia Marques
Contabilidade
Portugal




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"Estagiar na Sovena tem sido um verdadeiro privilégio. Para além de adquirir muitos conhecimentos na área dos azéites, tenho-me desenvolvido na minha área de formação, a de gestão de empresas. Sou do Azeite e trabalho na sede da Sovena em Lisboa - trabalho junto de pessoas que têm gosto pela agricultura e pelo campo, faz-me pensar que nem chegarei a sair de casa! Esta é uma casa cheia de união e simpatia, e estou certa de que todos em conjunto, faremos um caminho que nos orgulharemos."

Francisco Palma
Sourcing de Azeite
Portugal



LinkedIn

In 2023, we have been working on our Employer Engagement through an investment strategy on LinkedIn, where we regularly post about what we do at Sovena. This strategy addresses two major areas: it values and recognises our people, and, at the same time, we attract new talent. We're counting on all of you to join us at:



B-side

MARGARIDA MATOS
Legal & Corporate

It's the little things that matter

Margarida Matos has been working at Sovena for 7 years, in the Legal & Corporate department, where she enjoys her work and identifies with the company's family values. She feels that management is committed and shows empathy with everyone, recognising that employees are not just employees, they are people. This insight was particularly evident during a difficult time in her life. "After the sudden loss of my father, a new word entered my dictionary - reframe - to try to give a positive meaning to everything that happens to us, and undoubtedly our outlook on life, and especially to the smallest things, which can shift radically when we hear in an IPO room that one of the most important people in our lives is going to die very soon! Everything changes, life changes, perspectives change, we change," says Margarida. That experience transformed every aspect of her existence. She learned the hard way that what really matters is the present, the "here and now" - because it's the only guaranteed

moment we have. Margarida now values the little things in life, such as a gesture, a moment, without waiting for the uncertain “tomorrow” that may never come.

“I’ve always been very influenced by my father, I write and read a lot, I write about things I hear, stories I’m told, that I’ve seen or heard, or simply about thoughts or feelings that come to me, and when my father died I decided to give purpose to this passion that he had nurtured in me all my life”, she explains. That’s when she wrote a book entitled “I Decided to Live the Day I Knew You Were Going to Die” in which she tells an intense and passionate love story. The most beautiful part of this project is that all the royalties go to a charitable cause: the National Association of Informal Carers, an organisation made up of volunteers who have joined this cause to help others.

Since the book was published, Margarida has had some very rewarding experiences and moments and



has taken part in countless presentations and events. She would like to write more and has even received some offers to write further texts for other books and even chronicles for a digital newspaper.

As a final note, Margarida leaves us with a thought: “it’s not necessary to lose something or someone in order to choose to live, relativise and enjoy life, nobody knows if this minute is really the last, and if it is? Let’s make it worthwhile.”





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

Send your suggestions and ideas
to marketing@sovena.pt

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