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# FEED

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**sovena**  
Feeding Futures

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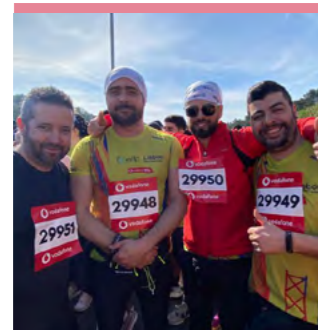
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# Memorable flavors for an unforgettable Christmas

*Christmas, a time of fellowship and joy, brings with it the tradition of gathering the family around the table. In this festive atmosphere, the sharing of special moments comes to life in every dish prepared with care. In tune with this celebration, we present irresistible culinary suggestions designed to surprise and enrich family meals!*

## STARTER

## Vegetable and goat cheese bruschetta

*Time: 15 minutes*

*Servings: 6 servings*

**INGREDIENTS:**

*Portuguese bread: 1 unit*

*Andorinha Extra Virgin*

*Olive Oil: approximately  
4.23 tablespoons*

*Roasted eggplant 1 unit*

*Sliced zucchini 1 unit*

*Very ripe tomatoes 2 units*

*Goat cheese: approximately  
7.05 ounces*

*Basil pesto to taste*

*Grated parmesan cheese  
to taste*

*Salt to taste*

**PREPARATION:**

Slice the bread into slices of about 0.79 inches and season with olive oil. On a slice, spread the pulp of the roasted eggplant, season with pesto and a pinch of salt, and add goat cheese, tomato, and zucchini. Sprinkle with grated parmesan and a drizzle of olive oil. Bake at 374°F for 5 minutes or until golden.

Serve immediately.

Yields 6 bruschettas.





## MAIN COURSE

## Codfish with leek and parmesan sauce

*Time: 15 minutes*

*Servings: 6 servings*

**INGREDIENTS:**

*6 codfish steaks*

*450g of spinach*

*(approximately 1 pound)*

*1 chopped onion*

*1 chopped garlic clove*

*2 tablespoons of Oliveira da Serra Extra Virgin Olive Oil*

*Salt and pepper to taste*

**Sauce**

*1 leek leaf*

*150g of plant-based milk*

*1½ cups of grated parmesan cheese*

*1 lemon*

*1/2 teaspoon of garlic powder*

*1 teaspoon of oregano*

*3 tablespoons of Oliveira da Serra Extra Virgin Olive Oil*

*2 tablespoons of cornstarch*

*Salt and black pepper to taste*

**PREPARATION:**

Preheat the oven to 180°C (356°F).

Sauté Oliveira da Serra Extra Mature Virgin Olive Oil, onion, and garlic. Add the spinach, season with salt and pepper. Cook until the spinach becomes tender.

Place the codfish in a baking dish, bake in the oven with a drizzle of olive oil and pepper. Let it bake for about 10 minutes.

Meanwhile, prepare the sauce. Melt the butter over medium heat, add the cornstarch, garlic powder, and leek. Cook for about 2 minutes, stirring constantly.

Add the milk, parmesan cheese, oregano, salt, and pepper. Cook a little longer.

Add the lemon juice and let it cook over medium heat, mixing well.

Prepare the dish. Create a bed of spinach, place the codfish on top, and drizzle with the sauce. Serve!

## DESSERT

# King's cake french toast

*Time: 30 minutes*

*Servings: 6 servings*

**INGREDIENTS:**

*English Custard:*

*2.11 cups of milk*

*1 cinnamon stick*

*Approximately 3 tablespoons  
of all-purpose flour*

*1 tablespoon of cornstarch*

*4 eggs*

*1 tablespoon of Port wine*

*1 tablespoon of whiskey*

*Approximately 5 tablespoons  
of white sugar*

*French Toast:*

*Approximately 2/3 cup  
of blueberries*

*Whiskey to taste*

*2.11 cups of milk*

*Zest of 1 lemon*

*6 eggs*

*1 cinnamon stick*

*White sugar to taste*

*Fula Original to taste*

*Powdered sugar to taste*

**PREPARATION:****English Custard:**

Start by heating 500ml of milk in a saucepan with the cinnamon stick.

In a bowl, combine the flour, sugar, cornstarch, and 4 egg yolks. Beat everything together.

Then add Port wine and whiskey, and mix well. When the milk is hot, add a little to the mixture and fold in.

Add the mixture to the remaining milk in the saucepan and stir until thickened, over low heat for about 5 minutes, without letting it boil. Set aside.

**French Toast:**

Cut the King's Cake into slices about 1 finger thick and heat the frying pan.

Place the blueberries in a bowl with whiskey to hydrate.

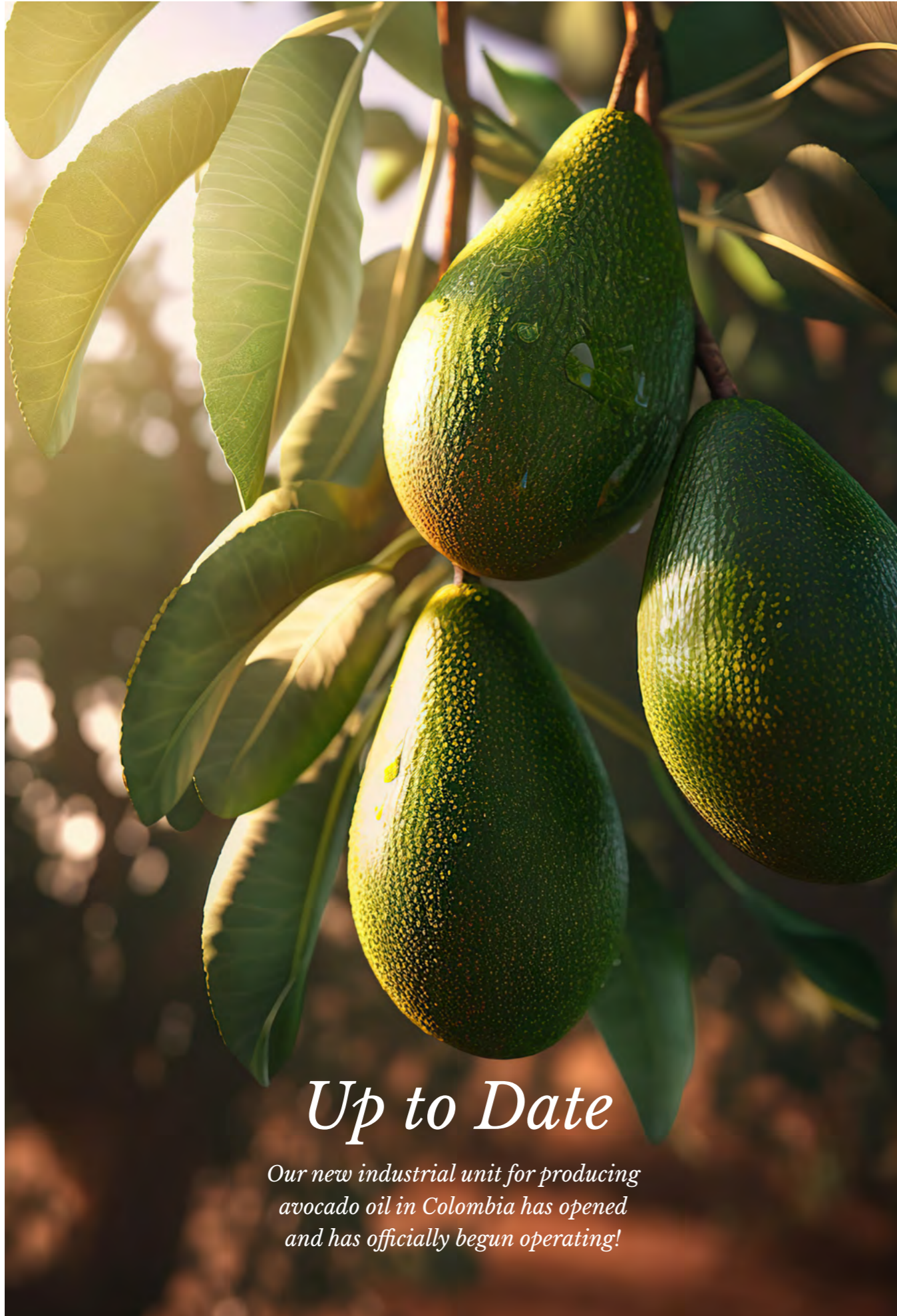
Prepare a bowl with 500ml of milk and add lemon zest. Prepare another bowl with 6 beaten eggs and another with sugar and cinnamon to taste.

Dip the King's Cake slices into the milk and remove.

Add a little Fula Original oil to the frying pan and spread it well. Dip the King's Cake slices that were soaked in milk into the beaten egg to cover them well and place directly in the frying pan to brown.

When the slices are golden brown, roll them in sugar with cinnamon and place them on a plate with the blueberries soaked in whiskey on top. Sprinkle with powdered sugar and drizzle with the English custard.





## *Up to Date*

*Our new industrial unit for producing avocado oil in Colombia has opened and has officially begun operating!*



## **Our new industrial unit for producing avocado oil in Colombia is underway**



The worldwide consumption of avocados continues to rise, reflecting changes in consumer dietary patterns. This is mainly due to a trend shift, where natural fats are preferred.

Avocados are 100% plant-based foods, rich in nutrients suitable for marinating, sautéing, frying, or in the preparation of mayonnaise and bowls. The properties of avocado and avocado

oil are very similar, as the oil extraction involves grinding the fruit through a mechanical process that preserves its nutrients, much like olive oil extraction in mills. Due to the growing awareness of its benefits, resulting from the high content of antioxidants and healthy fats, avocado oil is gaining popularity among consumers and is increasingly perceived as one of the healthiest ingredients in the preparation of various foods and meals.



As part of Sovena's ongoing strategy to explore new opportunities, either by expanding its operations to other markets or developing new product categories, avocado has been a priority. This is motivated not only by its benefits but also by Sovena USA's growing interest in this product, the world's leading market for avocado oil.

With this goal in mind, Sovena recently made a significant investment of six million euros in a factory in Colombia. The production of two million liters of avocado oil per year is planned, benefiting from the group's deep industrial knowledge in olive oil and vegetable oil production.

João Basto, the project manager for Sovena in this country, emphasized that Colombia has "particular characteristics that make it an interesting country," not only because of favorable natural conditions for avocado production and being currently the second-largest producer globally but also because of the "investment attraction strategy" of Colombian authorities, making the business "viable and attractive."

The activity has already begun at this new unit of the group. It's worth noting that this investment is 100% circular, as the entire production is based on the valorization of a waste product. Avocado oil is produced exclusively from fruit that was previously destroyed, discarded from the fresh consumption market for not meeting marketing requirements. With this unit, this fruit is now valued as raw material



for avocado oil production. "This circular logic makes us very satisfied because we can transport all of Sovena's sustainability principles, which we already apply in the markets where we operate, to this new business," emphasized João Basto.

The factory currently employs 20 permanent collaborators and regularly collaborates with



with a recognized aspect of sustainable construction, demonstrating Sovena's strong commitment to sustainability and innovation. The building has bioclimatic features and utilizes its "optimal orientation" to make the most of sunlight and reduce the need for artificial lighting, with natural ventilation systems to regulate the temperature indoors.



**The choice of this country and raw material is linked to Sovena's business and geographical diversification strategy, with a special focus on exporting to the United States**

about 260 producers. In the cruising phase, the project aims to support more than 2,000 small farmers.

In the few months of activity, the project has already won the "Excellence in Sustainable Architecture Award in the Commercial and Industrial Category," which aims to highlight works in Colombia



What's up?



## The new Oliveira da Serra olive oil pays tribute to biodiversity in its olive grove

Oliveira da Serra commits not only to protect but also to celebrate the richness of biodiversity in its olive grove, through the launch of its highly anticipated extra virgin olive oil 1st Harvest 2023/2024. This is a true tribute to the natural wealth that coexists with its olive trees, reflected in the label of its bottle.

Made from the first young and fresh olives, this olive oil is produced with the care and dedication that characterize the brand, standing out for its exceptional quality and distinctive flavor. It is also

an expression of the brand's respect for nature, incorporating continuous efforts to balance olive oil production with environmental conservation.

With this tribute, Oliveira da Serra aims to show that it is possible to produce quality olive oil without harming the 122 species of birds, 8 species of bats, 24 species of butterflies, among others that inhabit its olive grove, and work together, as these animals are important bioindicators and pollinators of the soil, such as butterflies or bats that contribute to pest




What's up?




control in the olive grove by feeding on insects that cause harm.

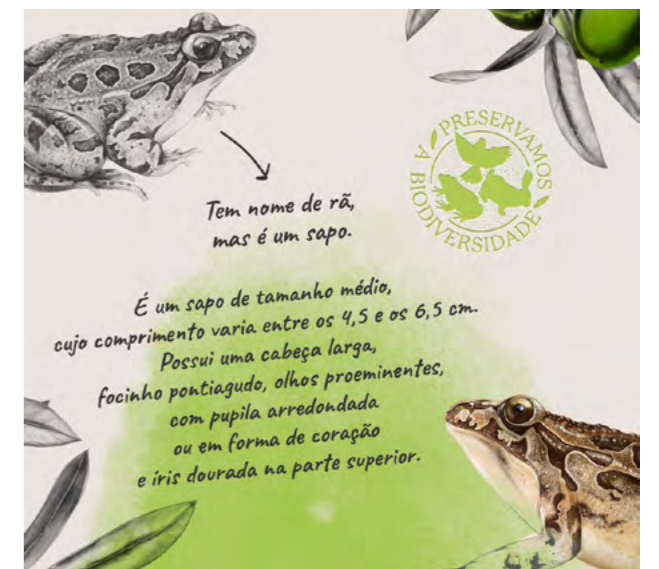
According to Loara Costa, Marketing and Trade Marketing Director of the Sovena Group, 'At Oliveira da Serra, we are committed to being good stewards of the environment. We want our land to be greener and more alive, a sanctuary for the biodiversity that inhabits it. We believe we can make a difference and contribute to a more sustainable world through our daily actions, and that's what we wanted to reflect in our 1st Harvest. We want to show that it is possible to coexist with biodiversity and journey towards sustainability together.'

The limited edition of Olive Oil Oliveira da Serra 1st Harvest 2023/2024 is already available in the usual distribution channels.

 <https://www.instagram.com/azeiteoliveiradaserra/>

 <https://www.facebook.com/OliveiradaSerraAzeite/>

 <https://www.youtube.com/channel/UCTRIAYuVUIB1Gc5LGwp4oA/featured>





# Oliveira da Serra strengthens its commitment to the Future of the Planet

In today's world, we all seek to protect the environment. Oliveira da Serra believes that it is necessary to go further and work hand in hand with nature and people to ensure the planet's prosperity.

'A product is only truly good if it also does good' - to the Earth, natural ecosystems, the farmers who cultivate it, the surrounding communities, and those who choose the brand.

With the aim of making the carbon footprint of Extra Virgin Olive Oil Classic 750 ml, packaged in a glass bottle, transparent, Oliveira da Serra commissioned a study from an independent specialist company, revealing that 1.80 kg of CO<sub>2</sub>e is emitted to create this product.

This assessment took into account all emissions, from the olive oil production process to its packaging and delivery to stores, including the production of bottles, labels, capsules, boxes, transportation, and waste management.

But the brand didn't stop there, knowing that olive groves are true lungs and play a vital role for the planet, it calculated the amount of CO<sub>2</sub>e absorbed in the production of olives for this product. It was found that 6.3 kg of CO<sub>2</sub> is absorbed, three times more than is emitted.

Joana Oom de Sousa, Sustainability Director of Sovena, shared her vision: 'Oliveira da Serra has great ambitions for the planet and for our future.'



The brand wants to go beyond, actively contributing positively at every stage of food production. We are committed to bringing this mission to all Portuguese, inspiring them through our products. We feel proud and motivated to see that this path allows us to continue providing our consumers with a product that is not only good but also does good.' This is just one more step towards a more sustainable planet, led by a brand committed to doing 'The Good, for the Earth.' The brand already adopts various sustainable practices, highlighting the use of 100% green energy, highly efficient irrigation systems that prevent water wastage, and optimization of packaging through the incorporation of recycled material, increased material compatibility, and reduced use of pigments and inks. As a market leader, Oliveira da Serra reinforces its commitment to the future of the planet, continuously seeking to respond to current and emerging challenges in society.



**Arrisca para além da receita de sempre**

**prontos para experimentar?**

**fula**  
ORIGINAL



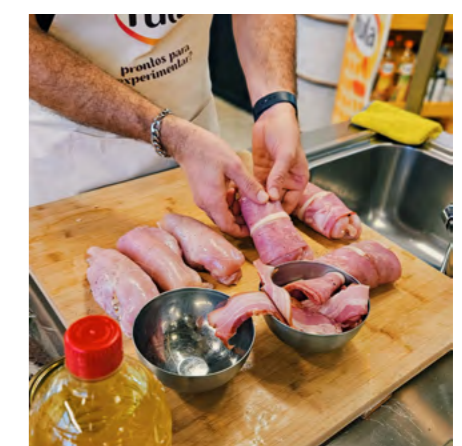
## Fula invites the Portuguese to take risks in the kitchen

Take risks beyond the usual recipe' is the slogan of Fula's new campaign, reinforcing the brand's positioning signature 'Ready to Experiment?' Launched at the end of last year, Fula's new positioning focuses on experimentation, creativity, and food diversity. Thus, Fula once again challenges the Portuguese to take risks in the kitchen and, in this way, go beyond the routine, the usual pasta, the ever-present rice, or even the everyday soup.

According to Loara Costa, Marketing & Trade Marketing Director of the Sovena Group: 'With the new positioning, we wanted people to look

at their recipes differently. With this campaign, we invite the Portuguese to take risks and go even further than the usual dishes, venturing into new culinary territories, always in a fun and inspiring way, as only Fula can provide.'

The campaign aired during the month of October on TV, outdoor, digital, and point of sale, as well as on Fula's digital platforms, including the website and social media. Additionally, it will also reach the homes of the Portuguese through the brand's packaging. Now, you can find different types of dishes on the labels of Fula Original 1L, aiming to inspire the use of this product for various preparations.





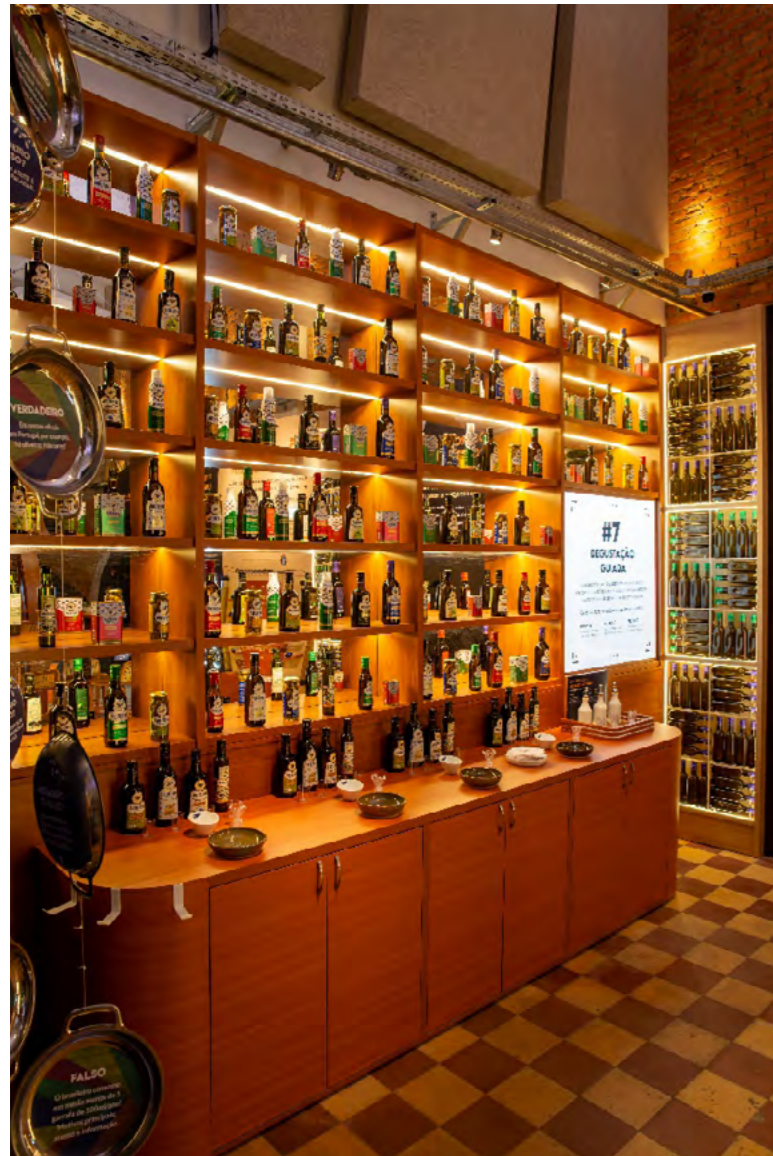
As part of the campaign, Fula and the influencer Do It Gastro by Gastão Reis encouraged the Portuguese on their Instagram pages to participate in a contest where the winners had the opportunity to attend the workshop 'Take risks beyond the routine with FULA.' It was a relaxed and fully experimental moment, during which the participants were challenged in the kitchen to prepare some different recipes under the guidance of Gastão Reis.



## At our brands showcased in international fairs

Another year has passed, and in 2023, we were present at some of the largest global food industry events, such as Gulfood (February, Dubai), World Food Poland (April, Warsaw), PLMA (May, Amsterdam), Sial China (May, Shanghai), Speciality Food London (September, London), and Anuga (October, Cologne). At these fairs, Sovena sought to convey and promote the healthy consumption of olive oil and our commitment to sustainability, which is becoming increasingly relevant. Our presence at all of them was a success, with thousands of visits, highlighting the importance and good reputation that the group already has in different geographies. We are already preparing our participation in more than a dozen fairs for the upcoming year 2024!





## Andorinha House

Transporting a piece of the world's largest olive grove to São Paulo, Brazil, Casa Andorinha returned to the Pinheiros neighborhood with a completely immersive, gastronomic, educational, sensory, and inclusive experience. The public had the opportunity to explore, through the five senses (sight, hearing, smell, touch, and taste), the entire universe of olive oil.

With free entry, Casa Andorinha provided a unique experience and reopened its doors for São Paulo residents to feel inside a Portuguese olive grove, while demonstrating the entire production process: from the land to the plate. Visitors could learn about the three main attributes of olive oil (fruity, bitter, and spicy) and how to differentiate them, create their own blend, and participate in a tasting. Casa Andorinha promoted a fully inclusive environment where all people, regardless of their needs or abilities, could fully enjoy the facilities and participate in all proposed activities. In addition to offering accessibility for wheelchair users, the event also had promoters in all activations, as well as a Braille book and a sign language interpreter.

In collaboration with the renowned chef Alex Atala's restaurant, Dalva e Dito, Casa Andorinha expanded its gastronomic offer. For the first time, in addition to presenting a diverse menu to be enjoyed in the local restaurant, Casa Andorinha also offered options at the Dalva e Dito Market, allowing customers to take their choices home. In addition to the well-known Andorinha products in the market, the Portuguese brand with a Brazilian soul also launched, for the third year at the Casa Andorinha Emporium, an option produced entirely on national soil, as part of a project called 'Creations of Brazil', in partnership with the local producer Ouro de Sant'Anna. The Emporium also offered exclusive and limited products in collaboration with other brands, such as body oil from Saboaria Brasil, cookies from Dona do Doce, chili crunch from



Mocotó Restaurant, popcorn from Pipó, homemade banana and wine jam from Bar Barnabé, granola from Banana Verde Restaurant, chocolate from Mestiço, tomato and basil jam from Fruta no Pote; in addition to a unique sock from Amaggi, printed with the brand's mascot, Dorinha, and a bowl made of ceramics by Ateliê Cintia Zambianco. With the exception of the sock and ceramics, all products contained Andorinha Olive Oil in their composition and were exclusively available for sale at the Casa Andorinha Emporium.

Casa Andorinha was open to the public from September 29 to October 22, from Thursday to Saturday, from 12 pm to 8 pm, and on Sundays from 10 am to 4 pm, in the Pinheiros neighborhood (São Paulo/SP).

Casa Andorinha stood out for promoting a fully inclusive environment, ensuring the full participation of all individuals, regardless of their needs or abilities.





# Biodiesel Production for the USA

Throughout the year 2023, Sovena OilSeeds Portugal, the factory in Palença, successfully overcame another significant challenge: certification for biodiesel production intended for commercialization in the United States of America and Canada. Both SME (Soybean Methyl Ester) from soy and RME (Rapeseed Methyl Ester) from rapeseed are included in this process.

All biodiesel destined for the USA or Canada must be approved by the Environmental Protection Agency (EPA), which delegates the certification process, control, and information recording for the entire value chain, from the origin of the grain to the final biodiesel product, to the company Weaver. The certification process comprises two crucial steps:

1. ENGINEERING REVIEW, where an external auditor audits the respective factories to ensure they are capable of producing according to EPA standards.
2. QUALITY REVIEW, where an external auditor audits the process and the product during its production to ensure that the product meets all requirements.

Both certifications were successfully completed in 2023. Biodiesel destined for the USA must meet specific criteria, including:

- Having its origin in grains from the USA or Canada.
- There must be a physical segregation of the product at various stages of the process, whether in grain, crude oil, pre-treated oil, as well as biodiesel.
- Complying with the requirements of the American ASTM standard 6751 instead of the European EN14214.



With this certification, we have expanded our possibilities for marketing biodiesel in other regions.



# Sovena launches new production and packaging factory in Angola

The Sovena Group inaugurates the operation of the new industrial unit in Luanda, the capital of Angola, for the production and packaging of our Fula oil brand. This investment solidifies our commitment to local production, boosting supply chain efficiency in the Angolan market. The factory in Angola is thus a significant milestone in Sovena's vision to create an efficient production chain in the country, ensuring the production, processing, and supply of products in this market, replacing their import. It's worth noting that Sovena has a strong tradition of exporting soybean oil to Angola, both with the leading market brand Fula and other brands. According to Jorge de Melo, CEO of Sovena, 'the opening of the packaging factory in Luanda marks the beginning of Sovena's integration into the Angolan food production chain, a sector where we want to create a high value-added and job-generating system.'

The investment in the Luanda industrial unit amounted to 18 million euros, including equipment and stocks. The factory features packaging lines with a capacity of 45 million liters per year and has expandable capacity. Currently, it employs 18 local staff, a number that will increase to 50 employees by the end of 2023, contributing to an additional 100 indirect jobs. Sovena is also considering the possibility of investing in the agricultural sector in Angola, recognizing that it is a sector that requires significant investment, extensive know-how, and has a long way to go to create the necessary support infrastructure (equipment and input commercialization: seeds, fertilizers, storage, transportation) and to adapt agricultural practices to the specific conditions of each zone in Angola. We continue to grow!



# Holiday Charitable Giving



Every year, Sovena USA likes to contribute to local organizations by making monetary and oil donations. This holiday season, we donated over \$16,000 and dozens of cases of oil to local food pantries as well as veteran and other charity organizations. On top of this, we also donated supplies and food items to a local elementary school. We make these donations on behalf of all Sovena

USA employees. We aim to support organizations within the communities in which our employees live, in order to help support their surrounding areas and economies. Our hopes are that less families go without this holiday season, and we will continue to do our best in giving back to the communities in which we operate. We are proud to be able to help when needed.



# Employee Thanksgiving Turkey Giveaway

Each year around Thanksgiving, we purchase turkeys and hand them out to our employees for free. This year, we purchased 18-20lb turkeys and ended up handing out 165 to our employees (picture attached). The remaining turkeys were donated to a local food pantry



# Rome Twigs Tree of Lights Ceremony

Sovena USA Sponsored the Rome Twigs Tree of Lights Ceremony at Rome Health Hospital this year. The ceremony aims to raise money for the hospital for resources, research and more. Each year, the Rome Twigs, a non-profit organization focuses on raising money for local hospitals. This year, Sovena made a monetary donation, sponsored the ceremony and will get to "flip the switch" to turn on the tree of lights. The tree is filled with lights purchased via donation by other individuals and companies.





## Christmas Events

We've reached the best time of the year, and as is our tradition, we celebrated this special season in Portugal and Spain, reinforcing the bonds that make our teams so incredible.

At all our locations, we gathered the Sovena family, and it was a success!



## Renewal of the efr Certification (Portugal)

On December 7th, the first follow-up audit of the efr Certification (Family-Responsible Companies) was conducted in Portugal, and it was successfully completed. The ongoing effort to seek balance between professional and personal life is reflected in our commitment to Conciliation, which was once again recognized by the MásFamilia Foundation.





What's up?



## Sovena Day in Monteolivo

On November 28th, the Sovena Day Spain took place with the support of our Monteolivo Almazara. It was a day full of learning and team spirit. We hope everyone enjoyed it, and we look forward to repeating it in 2024.



<https://youtu.be/zebaj6PQ5rU>



Click here to watch the video



APÓS MAIS DE  
**CEM ANOS A CRESCER,**  
QUEREMOS ALIMENTAR OS PRÓXIMOS CEM.



  
**sovena**  
Feeding Futures





# Space Decorations Sovena

In the past month of October, we successfully moved forward with the plan to update our facilities, aligning them with the rebranding of our Oliveira da Serra and Fula brands. We made significant improvements, such as making our spaces greener with preserved plants for a fresher environment. This is just the first phase of a renewal chapter. Stay tuned for upcoming improvements!





## B-side

### ANDRÉ GUERREIRO

Packaging Operator at the Barreiro Factory

*When running turns into  
a passion and a lifestyle*

André Guerreiro has been working at Sovena for 18 years as a packaging operator at the Barreiro Factory, and he shares a glimpse of his life beyond work, where running has become a passion.

André has been dedicated to running for about 6 years. Since childhood, he has always enjoyed running and other sports. The pandemic, which forced him to slow down, did not prevent him from coming back with more strength after overcoming the restrictions. As he explains, "I run to clear my mind, to forget problems, and, of course, to feel good, free, and stress-free."

His training routine, with three weekly runs, demonstrates the remarkable ability to balance professional and family life. With a 10-year-old son and a wife who manages a hair salon, André emphasizes the importance of efficient time management. Although he usually trains alone, André participates in races with a group of friends from Sovena,

and his words reflect the camaraderie they share: "We have a small team at the company, and we're even preparing some shirts and everything." André's most memorable story is his challenging participation in the Jamor race, where he faced a knee injury. With unwavering determination, he completed the 10 km trail, revealing his resilient mindset: "Crazy or not, I don't easily give up on challenges I set for myself. I went all the way through the race, that is, I did the 10 km!" Although currently sidelined from running due to the injury, André has already set new goals, like preparing for the 25 de Abril Bridge half marathon.

André's family supports his passion, even with a touch of humor: "My family supports me, although they joke about it; saying that only after getting 'old' do I think I'm an athlete!"

As the son of Alentejo natives, the diet becomes a challenge, but André seeks balance. He shares his approach to training days or before races: "I can give an example of the breakfast I usually eat before races: a small toast with honey, tea, and a banana!" In André Guerreiro's world, each step is more than a simple physical exercise; it's a means of facing challenges, overcoming limits, and finding an escape in running.





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

Send your suggestions and ideas  
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