



Isaac Flores Completes Supervisor Training

10A's **Isaac Flores** completed a month-long supervisor training at Med Apparel's NJ plant on Friday, March 28th. Supervisor training involves observation and a deep understanding of plant operations across a number of Unitex facilities. It's the expansion of knowledge, and the understanding of procedures that make for great supervisors! We wish Isaac all the best in this new phase of his career!

Pictured L-R: Victor Flores, David Pita, Wendy Pita, Ana Javor, Jarmila Stas, Isaac Flores, Caroline Rodriguez, Damayra Alvarez, Yuderka Tavares, and Lana Kninich. ■



Plants Spotlight Team Milestones

MED APPAREL, NJ

Special congratulations to the Med-Apparel team members who have reached an incredible milestone. Ramona Batista (35 years), Gonzalina Tlanipila (30 years), and Maria Lino (25 years). Outstanding service towards our team efforts were also recognized with awards given to employees. Pictured Ramona Batista.

SOUTH WINDSOR & LEDYARD STREET

Management teams at both Ledyard St. and South Windsor plants recognized team members who continue to give their best day-in and day-out, with service awards during a breakfast held in their honor. ■



Farewell to Unitex Team Members

155 MOUNT VERNON

Randy Montano Transfers from 155 Mt. Vernon to 155 Lawrence: Originally hired as a Route Driver, Randy worked his way up the ranks over 17 years, to become route supervisor in 2013. He was then promoted to district manager in 2015, overseeing over 500 accounts. Randy's hard work, focus, and dedication earned him a promotion to District Manager at the Lawrence Retail Plant, where he joins General Manager **Christina Rivadeneira** and her team. The group at 155 Mt. Vernon held a luncheon in Randy's honor on March 27th. He will be truly missed.

401 MOUNT VERNON

Mount Vernon 401 bid farewell to two beloved team members in March. Assistant Plant Manager, Newton Brito, decided to begin a new life chapter after 18 years as an integral part of the 401 Mt. Vernon plant. Newton's ability to bring people together has made the workplace feel more like a family and will be truly missed. Human Resources Supervisor, **Nicole Fernandez** was bid farewell by the team on March 21st. Nicole's dedication, professionalism, and kindness have made a lasting impact on everyone who worked with her at Unitex. We wish Newton and Nicole all the best! ■

Linden Celebrates Milena Sabater and Her Expanding Family!

On March 27 Linden team members gathered to throw Human Resources Manager, **Milena Sabater** and her baby-on-the-way a memorable baby shower, filled with love, laughter, and well wishes from wonderful friends and co-workers. A special thank you to everyone who joined in to make the day so special!

Back L-R: Jorge Orellana, William Anthony, Difa Daka, Daneen Mancuso, Quinari Duran, Tania Pagnani, Cassandra Lamaniere, Nicolas Kildosher, Brian Szweada, Bruce Yuro, and Carlos Cochado.
Front L-R: Michel Zachee, Lydia Serrano, Milena Sabater, Susanne Mulgrew, and Susan Yuro. ■



155 and 401 Mt. Vernon Hold Annual Bowling Event

On March 21st the 155 & 401 Mt. Vernon plants held a joint 4th Annual Bowling Event at Bowlero in White Plains with a total of 34 attendees. Everyone enjoyed bowling, delicious food, beverages, awards, and just plain all-out fun!

The Award prizes went to the following teams and individuals:

1st Place High Team Score: **Diuni Valdez 401**, **Chris Giordano 155**, **Bryant Gonzalex 155**, **Joshua Mastarreno 401**, and **Jessica Allen 155**

1st Place High Individual Score: **Joshua Mastarreno 401** (score of 157)

2nd Place High Individual Score: **Brandon Smalls 155** (score of 144)

Most Improved Bowler: **Jessica Allen 155** (improved by 22 pins!)

Low Individual Score: **Orlando Gunter 155**

Diuni & Len thank everyone for their participation in this special team building event and we look forward to holding it again next year. ■



Happy Birthday to Those Who Celebrated March Birthdays!

Mt. Vernon 401 L-R: Patricia Settles, Luz Chantre, Lucio Castro, Nelfa Vasquez and Armando Pera.

Med Apparel, Perth Amboy L-R: Ana Javor (Supervisor), Jackeline Sanchez, Iuminada Batista, and Ines Mejia.

Lawrence A: Gilciano De Souza, Rodolfo Rijo, Obed Santos, Angel Garcia, and Erika Gonzalez. ■



**496 Days
without Incident**

MED APPAREL
PERTH AMBOY, NJ

Congratulations team!

Med-Apparel New Jersey Celebrates 496 Days Without Incident!

Med Apparel has reached 496 days without accidents in production! Congratulations to all employees and management staff for reaching such a significant milestone. It's evident that the team worked hard for this recognition as achievements like this can only be reached by people looking out for one another and ensuring safe measures are met together. A breakfast banquet and renewed commitment to continue adding days and keeping our plant accident-free was the talk of the day. Only 234 days to make it to the 2-year mark. You can do it! ■

new hires & promotions & transfers

New Hires

- **Cristian Diaz:** Office Clerk at Meadow St; effective 3/24/2025

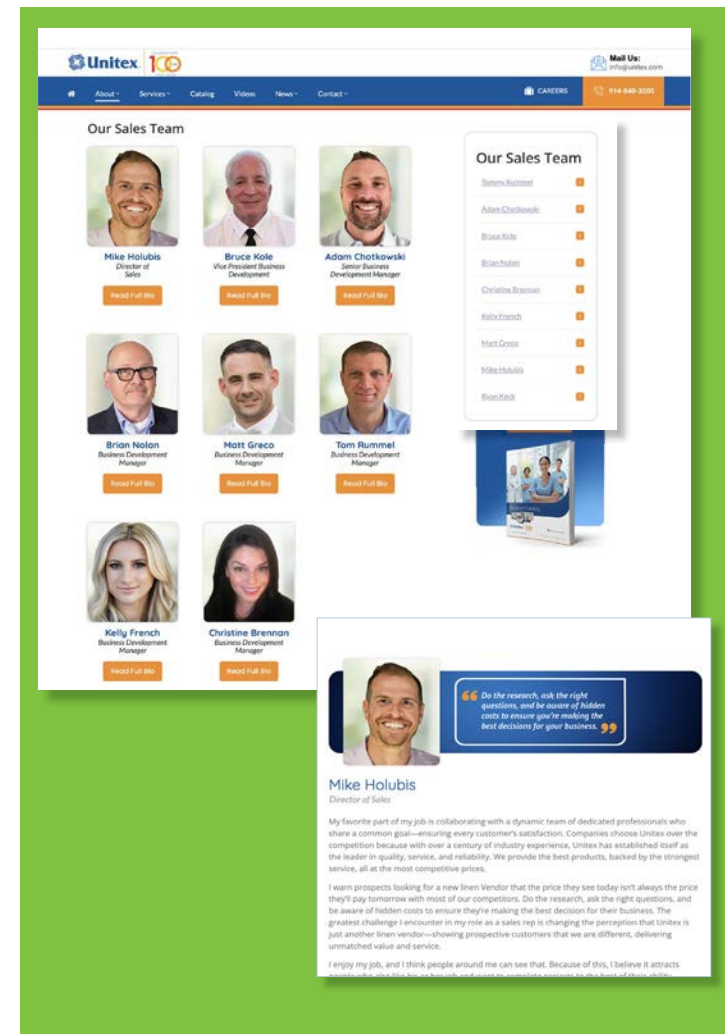
Promotions

- **Jeimy Ramirez:** promoted from Operator to Supervisor at Linden; effective 3/31/2025
- **Caroline Rodriguez-Aguilar:** promoted from Admin to Assistant Office Manager at Perth Amboy; effective 3/31/2025

Feature Employee: Jeimy Ramirez

After years working at Unitex's 10A New Brunswick plant as a hardworking and dedicated Operator, **Jeimy Ramirez** has been promoted to Supervisor at the Linden plant. Prior to her promotion Jeimy had joined the **Management Trainee Program**, which laid the foundation this milestone achievement. Her colleagues organized a congratulatory meal to celebrate her success. Well done Jeimy!

Check out our open positions at:
www.unitex.com/careers ■



Check Out the New Sales Team Profile Page

We have recently launched a new website page featuring the retail sales team with photos and short bios. These profiles will be a great asset to help our prospects and customers understand what differentiates our team and makes us the best in the business! Go to unitex.com/about-us/meet-our-team ■



get social with us

If you are on any of the social platforms below please follow, like, share, and comment to keep up with all Unitex team news!

Twitter: @UnitexTextile /
Facebook: facebook.com/UnitexTextileUS /
Instagram: unitextextile /
LinkedIn: unitex_3
YouTube: unitextextile



Unitex

Wellness Healthy Recipe Challenge

Avocado Tuna Delight Wrap



Category: Lunch/Dinner

Preparation Time: 10 minutes

Cook Time: 0 minutes, no cooking required.

Serves: 1-2 depending on wrap size and appetite.

Ingredients

1 can of tuna (in water, drained)

1 ripe avocado

1 cup of lettuce mix (spinach, arugula, or any leafy greens you prefer)

1 tablespoon plain Greek yogurt (as a mayo substitute, or you can use hummus if you prefer)

1 tablespoon Dijon mustard (optional, for a little extra tang)

Salt and pepper to taste

2 whole wheat wraps or tortillas

Directions

Prepare the Tuna Filling:

- In a bowl, flake the drained tuna with a fork, and mix well.
- Add the Greek yogurt (or hummus) to the tuna and mix well.

Make the Smashed Avocado:

- In a separate bowl, scoop out the flesh of the avocado and mash it with a fork until smooth.
- Add a pinch of salt, pepper, and a squeeze of lemon juice if desired.

Assemble the Wrap:

- Lay the wrap flat on a clean surface.
- Spread a generous layer of mashed avocado in the center of the wrap.
- Place a handful of lettuce mix over the avocado.
- Spoon the tuna mixture on top of the lettuce.

Wrap It Up:

- Roll the wrap tightly, tuck in the ends, and cut in half.

Spinach and Goat Cheese Quinoa Bites



Category: Breakfast/Bunch/Stack

Preparation Time: 5 minutes

Cook Time: 8-10 minutes

Serves: 4-6

Ingredients

2 eggs

1 cup cooked quinoa

2 tbsp goat cheese + extra to top

1 cup roughly chopped spinach

Pinch sea salt

Generous pinch freshly ground black pepper

Directions

- Preheat Oven to 350
- Cook Quinoa according to package
- Beat eggs in large bowl
- Add all other ingredients in bowl and mix together
- Grease muffin tin
- Fill mini muffin pan ¾ of the way with mixture and top with the extra dollop of goat cheese and a bit of freshly ground black pepper
- Bake for 7-9 minutes, until set
- Serve warm or at room temperature

Enjoy!

Skinnytaste Chicken Parm



Category: Dinner

Preparation Time: 10 Mins

Cook Time: 30 Minutes (thinner breast)

Serves: 8

Ingredients

4 Boneless Skinless Chicken breasts (about 8 oz. each, sliced in half lengthwise)

¾ cup Seasoned Breadcrumbs

¼ cup grated Parmesan cheese

2 tbsp olive oil

¾ cup part-skim mozzarella cheese

1 cup marinara sauce

Cooking spray or oil

tomato

Directions

- Preheat Oven to 450
- Spray a large baking sheet with cooking spray or oil
- Combine breadcrumbs and Parmesan cheese in a bowl.
- Lightly brush olive oil onto the chicken then dip into breadcrumb mixture and place on baking sheet. Repeat with the remaining chicken.
- Lightly spray a little more cooking spray or oil on top and back in the oven for 25 minutes.
- Remove from oven, spoon 1 tablespoon marinara sauce over each piece of chicken and top each with 1 ½ tbsp of shredded mozzarella cheese.
- Bake 5 more minutes or until cheese is melted.

Enjoy!!

Serve over pasta or spaghetti squash.

Chicken Curry Salad



Category: Lunch

Preparation Time: 15 Mins

Cook Time: 35 - 45 Mins

Serves: 6 - 8

Ingredients

2 - Chicken Breasts

3Tbs - Mayo

2 Ts - Ground Cumin

2Ts - Madras Mild Curry Powder

½ Red Onion Thinly Chopped

2 Sticks Celery

1 - apple chopped into small pieces

1 Cup Raisins

2 Tbs - Cilantro

Crackers or French Bread.

Directions

- Preheat Oven to 350
- Cook Chicken Breasts until done (35-40 mins) Inside Temp of 165F
- Let Breasts cool
- Cut chicken breast in small pieces or shred the chicken into a mixing bowl
- Add in the apple, raisins, celery and onion into a mixing bowl with the chicken.
- Add in the spices, cilantro and mayo and mix well. Use more mayo if needed.
- Taste, add salt and pepper as needed.
- Refrigerate and then use as needed.
- Garnish with some cilantro.

Serve with Crackers or French Toast.

Healthy Salmon Dinner



Category: Dinner

Preparation Time: 15 min

Cook Time: 30 min

Serves: 1

Calories - 506 for the entire meal

Ingredients

5 oz Salmon Fillet

1 tsp Honey

1 tsp Yellow Mustard

3 oz Shiitake Mushrooms

¼ cup Unsalted Beef Stock

1 cup Brown Rice

¼ Vidalia Onion, diced

1 Garlic Clove, minced

3 cups Unsalted Chicken Stock

3 oz Fresh Asparagus

2 Pinches of Salt

Olive Oil Spray

Directions

- Preheat Oven to 375° and Air fryer to 350°.
- In a Dutch Oven over medium heat, lightly toast the minced garlic for 1 minute. Add diced onion, lightly spray with olive oil, and cook for 3 minutes until onion is translucent.
- Add in the unsalted chicken stock; stir and cover. Reduce heat to low and simmer for 30 minutes or until rice reaches desired tenderness.
- Mix together honey and mustard. Add a pinch of salt to the fillet, then brush on honey mustard. Cook in air fryer for 22 minutes.
- Trim bottoms of asparagus. Lightly spray with oil, add a pinch of salt, and put in oven for 30 minutes.
- Remove stems from mushrooms and slice. Simmer in beef stock for 5 minutes.
- Plate with 2/3 cup cooked brown rice. Enjoy!

Unitex

100 YEARS

PROGRAMA DE REFERIDOS

SINDICATO DE EMPLEADOS

Union Employee Referral Program

REFIERE A UN AMIGO

REFER A FRIEND

Envía del formulario de aplicación del referido. El candidato debe cumplir con los requisitos de la vacante.

Referral form and application is handled in Candidate Area (see Referral Recruitment)

Elegible en el sorteo semanal para ganar una tarjeta Amazon de \$25. Los sorteos semanales se harán los viernes por la tarde.

Eligible for a weekly drawing to win a \$25 Amazon card. Weekly Drawings are Friday Afternoons

CONTRATACIÓN ÉXITOSA

SUCCESSFUL HIRE

El referido es contratado

Referral is hired

Tarjeta de regalo de Dunkin' Donuts de \$10

\$10 Dunkin' Donuts Gift Card

BONODE 3 MESES

3 MONTH BONUS

90 días de empleo

90 days employment

\$1,000 per conductores conductores

\$1,500 per mecánicos mecánicos

\$200 per empleados de producción y mantenimiento

BONODE 6 MESES

6 MONTH BONUS

180 días de empleo

180 days employment

\$1,000 per conductores conductores

\$1,500 per mecánicos mecánicos

\$200 per empleados de producción y mantenimiento

Additional \$1,000 bonus for drivers, \$1,500 bonus for mechanics, and \$200 for production employees & janitors

March Referral Winners

Weekly Amazon \$25 Gift Card Winners:

155: Livia Nunez
10B: Alinson Mora
Ledyard: Erick Casco
Newburgh: Pedro Castelan

Single \$10 Dunkin' Gift Card Winners:

155: Cristian Olivero, Olga Ninabanda, Bryan Delgado, Livia Nunez, Wilson Santos
401: Marcia Flete, Joel Vargas Cabrera, Edwin Almanzar, Domingo Morel, Luis Almonte, Rafael Pichardo, Manuel Diaz Alvino
10B: Alinson Mora, Jimmy Bayas, Martina Rivera, Gabriel Ospina Ramirez
Ledyard: Erick Casco
Newburgh: Pedro Castelan
South Windsor: Luz Rodriguez, Vilma Maldonado

To get a referral form please contact Daneen at dmancuso@unitex.com.
Tel: 914-840-3218
Fax: 914-425-0218

Unitex

100 YEARS

MANAGEMENT REFERRAL PROGRAM

Programa de Referidos para Puestos de Gestión

KNOW SOMEONE GREAT? REFER THEM & EARN BIG!

¿Conoces a alguien increíble? ¡Refiérela y gana en grande!

\$1,000 BONUS

Full-Time Administrative Assistants/Office Clerks

Asistentes Administrativos/Oficinistas de tiempo completo

\$2,500 BONUS

All Other Management Positions

Todos los demás puestos de gestión

Your referral must be hired and remain in good standing for six months to qualify for a bonus.

Tu referido debe ser contratado y permanecer en buen estado durante seis meses para calificar para el bono.

Every referral counts!

Even if your referral isn't hired, you'll be entered into a quarterly drawing for a

\$100 Amazon gift card

¡Cada referencia cuenta! Incluso si tu referido no es contratado, entrarás en un sorteo trimestral por una tarjeta de regalo de Amazon de \$100.

Unitex employees may also refer for management and will be eligible for the referral bonus. Please contact Recruiting with any questions.

Los empleados sindicalizados también pueden referir para puestos de gestión y serán elegibles para el bono por referidos. Por favor, contacta al equipo de Reclutamiento si tienes alguna pregunta.

will you help?

We love keeping up with all the news from our 13 northeast locations but we need help. Please help us gather information about new babies, engagements, marriages, awards, promotions, parties, birthdays, and more. Email items to: sgershman@unitex.com.



Isaac Flores completa su capacitación como supervisor

Isaac Flores, de 10A, completó una capacitación de un mes como supervisor en la planta de Med Apparel en Nueva Jersey el viernes 28 de marzo. La capacitación como supervisor implica la observación y un profundo conocimiento de las operaciones de planta en varias instalaciones de Unitex. ¡Es la ampliación de conocimientos y la comprensión de los procedimientos lo que forma a un excelente supervisor! ¡Le deseamos a Isaac todo lo mejor en esta nueva etapa de su carrera!

En la foto, de izq. a der.: Víctor Flores, David Pita, Wendy Pita, Ana Javor, Jarmila Stas, Isaac Flores, Caroline Rodríguez, Damayra Álvarez, Yuderka Tavares y Lana Kninich. ■



Hitos del Equipo Destacados de Plantas

MED APPAREL, NJ

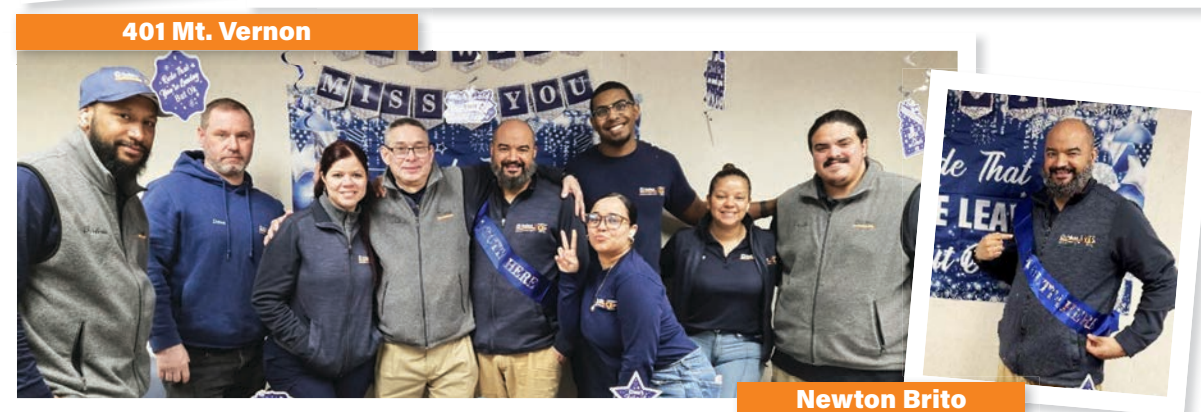
Felicitaciones especiales a los miembros del equipo de Med-Apparel que han alcanzado un hito increíble. Ramona Batista (35 años), Gonzalina Tlanipla (30 años) y Maria Lino (25 años). El excelente servicio a nuestro equipo también fue reconocido con premios otorgados a los empleados. En la foto, Ramona Batista.

SOUTH WINDSOR Y LEDYARD STREET

Los equipos directivos de las plantas de Ledyard St. y South Windsor reconocieron a los miembros que continúan dando lo mejor de sí día tras día, con premios por su servicio durante un desayuno celebrado en su honor. ■



155 Mt. Vernon / Randy Montano



401 Mt. Vernon

Newton Brito



Nicole Fernandez

Despedida de los miembros del equipo de Unitex

155 MOUNT VERNON

Randhy Montano se traslada de 155 Mt. Vernon a 155 Lawrence: Inicialmente contratado como conductor de ruta, Randhy ascendió de puesto durante 17 años, hasta convertirse en supervisor de ruta en 2013. Posteriormente, fue ascendido a gerente de distrito en 2015, supervisando más de 500 cuentas. Su arduo trabajo, enfoque y dedicación le valieron un ascenso a gerente de distrito en la planta minorista de Lawrence, donde se une a la gerente general **Christina Rivadeneira** y su equipo. El grupo de 155 Mt. Vernon celebró un almuerzo en su honor el 27 de marzo. Lo extrañaremos profundamente.

401 MOUNT VERNON

Mount Vernon 401 despidió a dos queridos miembros del equipo en Marzo. El subgerente de planta, Newton Brito, decidió comenzar una nueva etapa en su vida tras 18 años como parte integral de la planta 401 Mt. Vernon. Su capacidad para conectar a la gente ha hecho que el lugar de trabajo se sienta más como una familia y se le extrañará muchísimo. La supervisora de Recursos Humanos, **Nicole Fernández**, fue despedida por el equipo el 21 de marzo. La dedicación, el profesionalismo y la amabilidad de Nicole han dejado una huella imborrable en todos los que trabajaron con ella en Unitex. ¡Les deseamos a Newton y a Nicole todo lo mejor! ■

¡Linden celebra a Milena Sabater y a su creciente familia!

El 27 de marzo, el equipo de Linden se reunió para celebrar un baby shower inolvidable para la Gerente de Recursos Humanos, **Milena Sabater**, y su bebé en camino, lleno de amor, risas y buenos deseos de parte de maravillosos amigos y compañeros de trabajo. ¡Un agradecimiento especial a todos los que contribuyeron a hacer de este día un día tan especial!

Atrás, de izq. a der.: Jorge Orellana, William Anthony, Difa Daka, Daneen Mancuso, Quinari Duran, Tania Pagnani, Cassandra Lamaniere, Nicolas Kildosher, Brian Szweada, Bruce Yuro y Carlos Cochado. **Delante, de izq. a der.:** Michel Zachee, Lydia Serrano, Milena Sabater, Susanne Mulgrew y Susan Yuro. ■



155 y 401 Mt. Vernon celebran el evento anual de bolos

El 21 de marzo, las plantas 155 y 401 de Mt. Vernon celebraron conjuntamente su 4.º evento anual de bolos en Bowlero, White Plains, con un total de 34 asistentes. Todos disfrutaron de los bolos, deliciosa comida, bebidas, premios y ¡diversión a raudales!

Los premios fueron otorgados a los siguientes equipos e individuos:

1.er lugar por la puntuación más alta del equipo: **Diuni Valdez 401**, **Chris Giordano 155**, **Bryant Gonzalex 155**, **Joshua Mastarreno 401**, y **Jessica Allen 155**

1.er lugar por la puntuación más alta individual: **Joshua Mastarreno 401** (puntuación de 157)

2.º lugar por la puntuación más alta individual: **Brandon Smalls 155** (puntuación de 144)

Lancero con mayor progreso: **Jessica Allen 155** (¡mejoró 22 bolos!)

Puntuación más baja individual: **Orlando Gunter 155**

Diuni y Len agradecen a todos su participación en este evento especial de trabajo en equipo y esperamos celebrarlo nuevamente el próximo año. ■



¡Feliz cumpleaños a quienes celebraron los cumpleaños de marzo!

Mt. Vernon 401 L-R: Patricia Settles, Luz Chantre, Lucio Castro, Nelfa Vasquez y Armando Pera.

Med Apparel, Perth Amboy L-R: Ana Javor (Supervisora), Jackeline Sanchez, Iluminada Batista, y Ines Mejia.

Lawrence A: Gilciano De Souza, Rodolfo Rijo, Obed Santos, Angel Garcia, y Erika Gonzalez. ■



**496 Days
without Incident**

MED APPAREL
PERTH AMBOY, NJ

¡Felicitaciones equipo!

¡Med-Apparel Nueva Jersey celebra 496 días sin incidentes!

¡Med Apparel ha alcanzado 496 días sin accidentes en producción! Felicitaciones a todos los empleados y al personal directivo por alcanzar este hito tan significativo. Es evidente el esfuerzo del equipo por este reconocimiento, ya que logros como este solo se alcanzan si las personas se cuidan mutuamente y garantizan el cumplimiento conjunto de las medidas de seguridad. Un desayuno con banquete y el renovado compromiso de seguir sumando días y mantener nuestra planta libre de accidentes fue el tema central del día. Solo faltan 234 días para cumplir los dos años. ¡Tú puedes! ■

nuevas empleados & promociones y traslados

Nuevas contrataciones

- **Cristian Diaz:** Auxiliar de oficina en Meadow St; efectivo el 24/3/2025

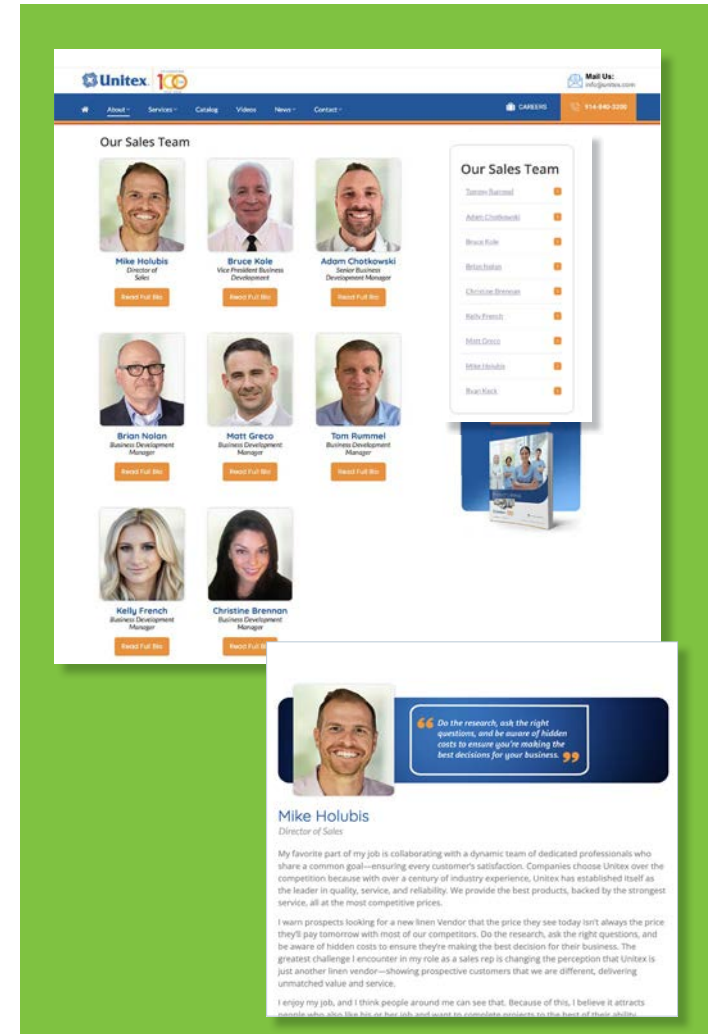
Promociones

- **Jeimy Ramirez:** Promovido de Operador a Supervisor en Linden efectivo el 3/31/2025
- **Caroline Rodriguez-Aguilar:** ascendido de administrador a subgerente de oficina en Perth Amboy; efectivo el 3/31/2025

Empleada destacada: Jeimy Ramírez

Tras años trabajando en la planta 10A de Unitex en Nuevo Brunswick como una operadora trabajadora y dedicada, **Jeimy Ramírez** ha sido ascendida a Supervisora en la planta de Linden. Antes de su ascenso, Jeimy se unió al **Programa de Entrenamiento de Gerencia**, que sentó las bases para este logro histórico. Sus compañeros organizaron una comida de felicitación para celebrar su éxito. ¡Bien hecho, Jeimy!

Consulte nuestros puestos vacantes en: www.unitex.com/careers ■



Descubre la nueva página de perfil del equipo de ventas

Recientemente hemos lanzado una nueva página web que presenta al equipo de ventas minoristas con fotos y breves biografías. Estos perfiles serán un recurso valioso para que nuestros clientes potenciales y clientes comprendan qué diferencia a nuestro equipo y nos convierte en los mejores del sector. Visita unitex.com/about-us/meet-our-team ■



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Ayúdanos a compartir todas las cosas buenas que suceden en Unitex. Si estás en alguna de las redes sociales, plataformas a continuación, siga, dé me gusta, comparta, y comenta para estar al tanto de todo Unitex noticias del equipo!

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Instagram: unitextextile /
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YouTube: unitextextile





Desafío de recetas saludables para el bienestar

Avocado Tuna Delight Wrap

Category: Lunch/Dinner
Preparation Time: 10 minutes
Cook Time: 0 minutes, no cooking required.
Serves: 1-2 depending on wrap size and appetite.

Ingredients

- 1 can of tuna (in water, drained)
- 1 ripe avocado
- 1 cup of lettuce mix (spinach, arugula, or any leafy greens you prefer)
- 1 tablespoon plain Greek yogurt (as a mayo substitute, or you can use hummus if you prefer)
- 1 teaspoon Dijon mustard (optional, for a little extra tang)
- Salt and pepper to taste
- 2 whole wheat wraps or tortillas

Directions

- Prepare the Tuna Filling:**
 - In a bowl, flake the drained tuna with a fork.
 - Add the Greek yogurt (or hummus) to the tuna and mix well.
 - Stir in the Dijon mustard if using, and season with salt and pepper to taste.
- Make the Stuffed Avocado:**
 - In a separate bowl, scoop out the flesh of the avocado and mash it with a fork until smooth.
 - Add a pinch of salt, pepper, and a squeeze of lemon juice if desired.
- Assemble the Wrap:**
 - Lay the wrap flat on a clean surface.
 - Spoon a generous layer of mashed avocado in the center of the wrap.
 - Place a handful of lettuce mix over the avocado.
 - Spoon the tuna mixture on top of the lettuce.
- Wrap It Up:**
 - Roll the wrap tightly, tuck in the ends, and slice into halves.

Spinach and Goat Cheese Quinoa Bites

Category: Breakfast/Branch/Stack
Preparation Time: 5 minutes
Cook Time: 8-10 minutes
Serves: 4-6

Ingredients

- 2 eggs
- 1 cup cooked quinoa
- 2 tbsp goat cheese + extra to top
- 1 cup roughly chopped spinach
- Pinch sea salt
- Generous pinch freshly ground black pepper

Directions

- 1.) Preheat Oven to 350
- 2.) Cook Quinoa according to package
- 3.) Beat eggs in large bowl
- 4.) Add all other ingredients in bowl and mix together
- 5.) Grease muffin tin
- 6.) Fill mini muffin pan ¾ of the way with mixture and top with the extra dollop of goat cheese and a bit of freshly ground black pepper
- 7.) Bake for 7-9 minutes, until set
- 8.) Serve warm or at room temperature

Enjoy!

Skinnytaste Chicken Parm

Category: Dinner
Preparation Time: 10 Mins
Cook Time: 30 Minutes (thinner breast)
Serves: 8

Ingredients

- 4 Boneless Skinless Chicken breasts (about 8 oz. each, sliced in half lengthwise)
- ¾ cup seasoned Bread crumbs
- ¼ cup grated Parmesan cheese
- 2 tbsp olive oil
- ¾ cup part-skim mozzarella cheese
- 1 cup marinara sauce
- Cooking spray or oil
- tomato

Directions

- 1.) Preheat Oven to 450
- 2.) Spray a large baking sheet with cooking spray or oil
- 3.) Combine breadcrumbs and Parmesan cheese in a bowl.
- 4.) Lightly brush olive oil onto the chicken then dip into breadcrumb mixture and place on baking sheet. Repeat with the remaining chicken.
- 5.) Lightly spray a little more cooking spray or oil on top and back in the oven for 25 minutes.
- 6.) Remove from oven, spoon 1 tablespoon marinara sauce over each piece of chicken and top each with 1 ½ tbsp of shredded mozzarella cheese.
- 7.) Bake 5 more minutes or until cheese is melted.

Enjoy!!
Serve over pasta or spaghetti squash.

Chicken Curry Salad

Category: Lunch
Preparation Time: 15 Mins
Cook Time: 35 - 45 Mins
Serves: 6 - 8

Ingredients

- 2 - Chicken Breasts
- 3 Tbs - Mayo
- 2 Ts - Ground Cumin
- 2 Ts - Madras Mild Curry Powder
- ½ Red Onion Thinly Chopped
- 2 Sticks Celery
- 1 - apple chopped into small pieces
- 1 Cup Raisins
- 2 Tbs - Cilantro
- Crackers or French Bread.

Directions

- 1.) Preheat Oven to 350
- 2.) Cook Chicken Breasts until done (35-40 mins) Inside Temp of 165F
- 3.) Let Breasts cool
- 4.) Cut chicken breast in small pieces or shred the chicken into a mixing bowl
- 5.) Add in the apple, raisins, celery and onion into a mixing bowl with the chicken.
- 6.) Add in the spices, cilantro and mayo and mix well. Use more mayo if needed.
- 7.) Taste, add salt and pepper as needed.
- 8.) Refrigerate and then use as needed.
- 9.) Garnish with some cilantro.

Serve with Crackers or French Toast.

Healthy Salmon Dinner

Category: Dinner
Preparation Time: 15 min
Cook Time: 30 min
Serves: 1
Calories: - 506 for the entire meal

Ingredients

- 5 oz Salmon Fillet
- 1 tsp Honey
- 1 tsp Yellow Mustard
- 3 oz Shiitake Mushrooms
- ¼ cup Unsalted Beef Stock
- 1 cup Brown Rice
- ¼ Vidalia Onion, diced
- 1 Garlic Clove, minced
- 3 cups Unsalted Chicken Stock
- 3 oz Fresh Asparagus
- 2 Pinches of Salt
- Olive Oil Spray

Directions

- 1.) Preheat Oven to 375° and Air Fryer to 350°.
- 2.) In a Dutch Oven over medium heat, lightly toast the minced garlic for 1 minute. Add diced onion, lightly spray with olive oil, and cook for 3 minutes until onion is translucent.
- 3.) Add in the unsalted chicken stock; stir and cover. Reduce heat to low and simmer for 30 minutes or until rice reaches desired tenderness.
- 4.) Mix together honey and mustard. Add a pinch of salt to the fillet, then brush on honey mustard. Cook in air fryer for 22 minutes.
- 5.) Trim bottoms of asparagus. Lightly spray with oil, add a pinch of salt, and put in oven for 30 minutes.
- 6.) Remove stems from mushrooms and slice. Simmer in beef stock for 5 minutes.
- 7.) Plate with 2/3 cup cooked brown rice. Enjoy!

PROGRAMA DE REFERIDOS

SINDICATO DE EMPLEADOS
Union Employee Referral Program

REFIERE A UN AMIGO
REFER A FRIEND

Envía el formulario de aplicación del referido. El candidato debe cumplir con los requisitos de la vacante.

Referal form and application is handled in Candidate Referral Platform

CONTRATACIÓN ÉXITOSA
SUCCESSFUL HIRE

El referido es contratado
Referral is hired

BONODE 3 MESES
3 MONTH BONUS

90 días de empleo
90 days employment

BONODE 6 MESES
6 MONTH BONUS

180 días de empleo
180 days employment

Elegible en el sorteo semanal para ganar una tarjeta Amazon de \$25. Los sorteos semanales se harán los viernes por la tarde.

Eligible for a weekly drawing to win a \$25 Amazon card. Weekly Drawings are Friday Afternoons

Tarjeta de regalo de Dunkin Donuts de \$10
\$10 Dunkin Donuts Gift Card

\$1,000 per conductores empleados	\$1,500 per mecánicos empleados	\$200 per empleados de producción y mantenimiento
Additional \$1,000 bonus for drivers, \$1,500 bonus for mechanics, and \$200 for production employees & janitors		

Ganadores de referencias de marzo

Ganadoras semanales de tarjetas de regalo de \$ 25 de Amazon:

155: Livia Nunez

10B: Alinson Mora

Ledyard: Erick Casco

Newburgh: Pedro Castelan

Ganadores individuales de tarjetas de regalo Dunkin' de \$10:

155: Cristian Olivero, Olga

Ninabanda, Bryan Delgado, Livia

Nunez, Wilson Santos

401: Marcia Flete, Joel Vargas

Cabrera, Edwin Almanzar, Domingo

Morel, Luis Almonte, Rafael

Pichardo, Manuel Diaz Alvino

10B: Alinson Mora, Jimmy Bayas,

Martina Rivera, Gabriel Ospina

Ramirez

Ledyard: Erick Casco

Newburgh: Pedro Castelan

South Windsor: Luz Rodriguez,

Vilma Maldonado

Para obtener un formulario de referencia, comuníquese con **Daneen** en **DMancuso@unitex.com**. Envíe el formulario con el currículum del candidato recomendado a:

Correo electrónico:

DMancuso@unitex.com

Tel: 914-840-3218

Fax: 914-425-0218

MANAGEMENT REFERRAL PROGRAM

Programa de Referidos para Puestos de Gestión

KNOW SOMEONE GREAT? REFER THEM & EARN BIG!
¿Conoces a alguien increíble? ¡Refiérela y gana en grande!

\$1,000 BONUS

Full-Time Administrative Assistants/Office Clerks
Asistentes Administrativos/Oficinistas de tiempo completo

\$2,500 BONUS

All Other Management Positions
Todos los demás puestos de gestión

Your referral must be hired and remain in good standing for six months to qualify for a bonus.
Tu referido debe ser contratado y permanecer en buen estado durante seis meses para calificar para el bono.

Every referral counts!
Even if your referral isn't hired, you'll be entered into a quarterly drawing for a

\$100 Amazon gift card

¿Cada referencia cuenta! Incluso si tu referido no es contratado, entrará en un sorteo trimestral por una tarjeta de regalo de Amazon de \$100.

Union employees may also refer for management and will be eligible for the referral bonus.
Please contact Recruiting with any questions.

Los empleados sindicalizados también pueden referir para puestos de gestión y serán elegibles para el bono por referidos. Por favor, contacta al equipo de Reclutamiento si tienes alguna pregunta.

¿Ayudará usted?

Nos encanta estar al tanto de todas las novedades de nuestro 13 ubicaciones del noreste, pero necesitamos ayuda. Ayúdenos a recopilar información sobre nuevos bebés, compromisos, matrimonios, premios, promociones, fiestas, cumpleaños, y más. Enviar elementos por correo electrónico a: **sgershman@unitex.com**.

