
ABOUT US



Soup Sisters is a non-profit charitable dedicated to providing highly nourishing quality, well-balanced soup meals through our signature soup-making events and our social enterprise Soup Bank.

Soup Sisters is more than just a warm meal; it's a hug in a bowl, offering comfort and nourishment to those in need. What started as a desire to help has blossomed into a national charity, bringing the universal comfort of soup to communities facing food insecurity.

Each year, thousands of servings are intentionally and cost-effectively crafted and distributed to agencies Canada-wide, organizations that are the frontline supporting those in need.



Certified Master Chef

and food scientists
crafted our soup recipes



Fresh Ingredients

and low sodium for
optimum nutrition



4 Million

Hugs in a Bowl
since 2009

Our mission is simple:
to nurture and nourish communities impacted by food insecurity with
wholesome and delicious soup.

*“We know that one bowl of soup isn’t going to change these circumstances,
but when someone who is reeling from a crisis receives a warm bowl of soup,
we know the message of comfort, of that we are here for you and care,
can make all the difference at the moment.*

Resiliency can kick in when minds are soothed, and bodies are nourished.”

Founder & CEO Sharon Hapton



26%

of Canadians are
food insecure.
That’s **8.7 million** people.
2.1 million children.

*Stats Can 2023