



Soup Sisters to the Rescue: How a hug in a bowl is comfort in crisis

In a remote community in the NWT, the air was thick with smoke, and the sky had a relentless, eerie glow. Firefighters were battling one of the fiercest wildfires in recent memory. Exhausted and needing a break, they sat down to hearty bowls of soup. The aroma wafted up, cutting through the smoke and fatigue, transporting them back to their homes. This was more than just a meal—it was a hug in a bowl, a gesture of care and support from Soup Sisters.

Miles away, another scene was unfolding in an evacuation center. Here, families who had fled their homes with little more than the clothes on their backs tried to find a sense of normalcy amidst the chaos. People bustled about, setting up cots, distributing blankets, and offering comforting words. A volunteer watched as parents gratefully accepted bowls of soup, their faces softening with relief as the warmth spread through their hands and into their hearts. "This is the best!" one little girl exclaimed, soothed by the simple act of holding something warm and familiar.

These stories underscore the mission of Soup Sisters: to provide highly nourishing, well-balanced soups to those in need, especially in times of crisis. Our soups are not just about filling stomachs; they provide comfort, warmth, and a moment of peace amidst chaos. Each bowl of soup is a symbol of compassion and community.

Making and distributing these soups is no small feat. It requires resources, coordination, and, above all, the generosity of donors and partners. Donations make soup production possible, ensuring they are nutritious, easy to prepare, and transportable. Our partnership with Lineage Logistics gets the flash-frozen soups shipped across the country wherever there is a crisis. On-the-ground partnerships with The Salvation Army help get the soup into the hands of those who need it most.

We are now entering the summer of 2024, and recent forest fires are again threatening communities in Northern Alberta and Northern BC. We will be ready for communities facing emergencies, whether wildfires, floods, or other crises, because of everyone's generosity and strong desire to help.

So, the next time you're wondering how to make a difference in times of crisis, remember Soup Sisters. Your donation isn't just a monetary contribution – it's a hug in a bowl, a tangible expression of care and compassion. And in times of crisis, when everything feels uncertain and overwhelming, a simple bowl of soup can make all the difference.

Visit [Soup Sisters](#) to learn more and donate.

In 2023
2,000 servings of
Soup Sisters soup
were sent to wildfire
evacuees staying in
St. Albert centres.