

PSA
For Immediate Release



16 years and 4 million bowls are a reason to celebrate
National Soup It Forward Day is March 3

February 15, 2025 (Calgary, Alberta) ... Soup is the number one choice of Canadians as the go-to, good-for-you meal in a pinch. Homemade soup is filling and delicious, and the reason Soup Sisters shares this ultimate comfort food with some of our community's most vulnerable.

[National Soup It Forward Day](#) is marked each year as the day for everyone to make soup, share soup, and give soup. March 3rd commemorates the 16th anniversary of Soup Sisters in a way that exemplifies their vision of spreading kindness one bowl at a time.

How can Canadians participate?

- Enjoy a bowl of soup on Monday, March 3
- Take a hug-in-a-bowl to family, friends or someone you care about
- Share your go-to soup on social media with the Soup Sisters community #HuginaBowl #SoupitForward
- Tell us how you are spreading love and generosity on Soup it Forward Day!

At Soup Sisters, we 'soup it forward' with comforting [#huginabowl](#) all year round. Since the launch of Soup Sisters on March 3, 2009 in Calgary, we have delivered over 4 million servings of delicious soup nationwide, with the resolve that soup is the universal comfort food and has the power to change someone's day.

Join us on this [National Day](#) of delivering warmth and kindness to friends, family, neighbours and anyone in need of a #huginabowl.

Instagram: @Soup_Sisters
Facebook: Soup Sisters National
#HuginaBowl #SoupitForward

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[Soup Sisters](#) is a non-profit and charitable Soup Bank model dedicated to providing highly nourishing, quality, well-balanced hugs-in-a-bowl to our most vulnerable citizens. Each year, millions of bowls of soup are intentionally and cost-effectively crafted and distributed to Canadian agencies nationwide, and organizations that are front-line supporting those in need.