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# ABOUT US

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Soup Sisters is a registered charitable organization 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**

Including low sodium  
for optimum nutrition



**4 Million  
Hugs in a Bowl**

Soup servings  
since 2009

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**Our mission is simple:**

**To nurture and nourish communities impacted by food insecurity  
with wholesome and delicious soup.**

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**26%**

of Canadians are  
food insecure.  
That's **8.7 million** people.  
**2.1 million** children.  
\*Stats Can 2023

**1 in 4**



Albertans experience food insecurity, including  
students going to school hungry.

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# SOUP BANK

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We are driven by the idea that everything starts with proper nourishment and believe we can fuel bodies and minds with quality food - in an affordable way. That is why we created Canada's only Soup Bank, a social enterprise model delivering quality soup meals nation-wide.

Our focus is to help Canadian charities looking for a way to reduce food costs and staff time while still providing quality and nutritious food to their clients. The frontline agency only pays for the soup at cost, just as they would purchase food from a retailer but without inflated pricing, profit margins, or transportation fees. Our soup meals frees up staff and volunteer time so that resources are allocated to the critical needs of clients.

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*“We can’t make it for the price we can buy it at from the Soup Sisters Soup Bank. The cost to buy all the ingredients, when prices are going up plus the time to prepare, it all adds up.” The Mustard Seed Calgary*

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- Produced in an accredited commercial facility
- Each soup bag is 4 lbs
- Each bag feeds 8 people
- Bags are frozen flat for easy transport and storage.
- Thaw, heat and serve
- 5 soup bags per case
- Pricing starts at \$47.88 per case



## AT-COST

Agencies only pay for the soup. There are **no** retail, marketing or transportation costs.

## IN-KIND DELIVERY

The generosity of Lineage allows us to deliver at no cost nationwide.

## ZERO FOOD WASTE

No landfill footprint through commercial production.

## MADE IN CANADA

Proudly made in Edmonton, Alberta.

## 7 VARIETIES

Chicken Noodle  
Corn Chowder  
Potato Leek  
Hamburger  
Mushroom Barley  
Minestrone  
Chili



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# SOUPER KIDS

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In schools across Canada, teachers and administrators see firsthand the toll hunger takes on students—poor concentration, lack of energy, and the psychological stress of not knowing when the next meal will come. There is a desire to provide nutritious food, but the resources are often unavailable.

We believe that no child should feel singled out for their financial situation. Food is a fundamental human right, and all students deserve access to nourishing meals. We take a whole-school approach by feeding the entire student body; there's no separation between who has and who has not. Every child enjoys the same hot, nutritious meal together.

**1 in 4 students  
in Alberta are going to school hungry.**

*‘We know there are many students coming to school hungry. A Soup Sisters soup day ensures they are receiving healthy, delicious meals they actually devour!’ -Teacher*



## School Soup Days: Feeding Dignity, Not Just Hunger

These meals are made possible by the generosity of donors who want to see a single hot meal's profound impact on a child's day and their future.

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# SOUP-MAKING EVENTS

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**24,000**

Soup servings  
donated from events

**5,000**

Volunteer hours from  
1,725 event volunteers

**57**

Events in 9 cities

Something magical happens when people gather in the camaraderie of the kitchen to make delicious soup for others. Together with our culinary partners, volunteers experience a deep sense of fulfillment through giving nutritious Hugs in a Bowl to local agencies and emergency shelters.

This mainstay of our organization is a popular community investment activity for corporate team-building events. The original feel-good Soup Sisters event raises awareness of food insecurity and the local recipient organization, all while making, sharing and donating Hugs in a Bowl.



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## SOUP IT FORWARD

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Our initiative that gives soup when you get soup is how you Soup it Forward.

Designed for corporations, conferences and event planners where guests can enjoy delicious Soup Sisters soup plus give back in their own communities.

Serve Soup Sisters soup at your next event and we will deliver in equal measure to an agency or low-income school in your city.



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[SoupSisters.org](http://SoupSisters.org)



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