
ABOUT US

Soup Sisters is a registered charity dedicated to providing highly nourishing, quality, well-balanced soup meals to frontline organizations.

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 vulnerable communities.

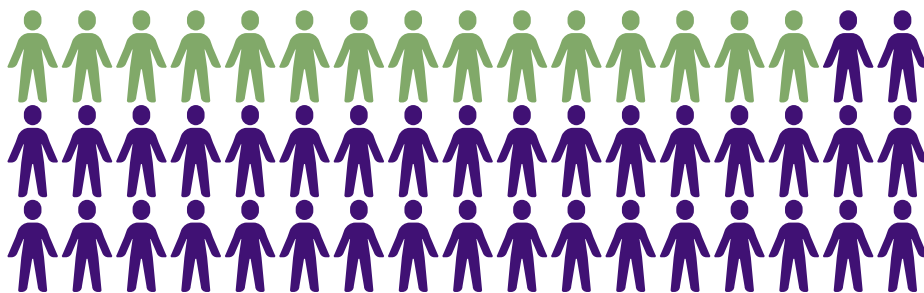


Mission

To nurture and nourish vulnerable individuals, students, families, and communities experiencing crisis or food insecurity through wholesome, delicious soup that supports health, dignity, and connection.

Vision

A Canada where every vulnerable person is fully nourished and supported through life's challenges, and where communities unite to ensure good food, dignity, and belonging for all.



26%

of Canadians are food insecure.

That's 10 **million** people.

2.4 million children.

*Stats Can 2024 and Proof.ca

SOUP BANK

Canada's only Soup Bank, is a social enterprise designed to meet agencies where they are, with two complementary ways of providing support.

For agencies that have a food budget, we offer our highly nourishing, ready-to-serve soups at cost. There are no retail markups, transportation fees, or added overhead. This allows organizations to serve quality meals while significantly reducing food costs and saving valuable staff and volunteer time, so they can focus on the critical care their clients need.

At the same time, many frontline organizations tell us they have no food budget at all. That is where donor support becomes essential. Through funding, we are able to produce and donate soup directly to these agencies, ensuring they can still provide nourishing meals to the people who rely on them every day.

Together, this model strengthens the entire system of care. It reduces pressure on agencies with resources, and ensures no one is left behind when resources are limited.



**Fresh
Ingredients**



**Made in
Canada**



**Supports
Dietary Needs**



**Chef Crafted
Soups**



**4.5 Million
Hugs in a Bowl**

SOUP BANK

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, dignified way.

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 heat-and-serve soup meals frees up staff and volunteer time so that resources are allocated to the critical needs of clients.

“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



7 VARIETIES

Chicken Noodle
Corn Chowder
Potato Leek
Hamburger
Mushroom Barley
Minestrone
Chili



- Each soup bag is 4 lbs (64 oz)
- Each bag feeds 8 people
- 1 case contains 5 bags
- 1 case has 40 servings
- Bags are frozen flat for easy transport and storage.
- Thaw, heat and serve
- Pricing starts at \$52.67 per case

SOUPER KIDS

Hunger at school is a signal of hunger at home. Across the country, children in low-income communities are arriving at school without consistent access to nutritious food. Educators and community organizations report that food insecurity affects not only physical health, but also concentration, emotional regulation, and learning outcomes.

Our Souper Kids program is two-fold. School Soup Days offer a hot, nourishing meal to entire student body. This whole-school approach removes stigma and ensures every child receives the same meal, with dignity.

Building on this foundation, Souper Kids has expanded into after-school programs, offering consistent nourishment when children are often most vulnerable to hunger, including after-school and during school closures. After-school programming also includes take-home soup, allowing children to share it with siblings and caregivers, extending the classroom impact into the home.

‘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

1 in 3 

Students in Alberta are going to school hungry



SOUP-MAKING EVENTS

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.



24,000

Soup servings donated from events in 9 cities



SOUP IT FORWARD

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 equal measure to an agency or low-income school.