
HUG IN A BOWL ENTERPRISES

Hug in a Bowl is our social enterprise business created to generate revenue, thereby reducing funding vulnerability and enhance long-term stability while staying mission-driven.

Our commercial soup cause-brand is targeted at food service businesses. Proceeds support our charity operations so we can focus on the long-term solution of nourishing food-insecure communities and supporting charities by minimizing the work of providing good food.



Real, fresh ingredients

No artificial flavours or colours and low in sodium



Locally made

Produced in a SQF Certified HACCP facility in Edmonton, Alberta



Supports dietary needs

Aligns with Canada's Food Guide and meets Dietary Reference Intakes per the nutrition analysis from Season Care Dietitian Network



Chef-crafted soups

Recipes made with the support of food scientists and Chef Michael Allemeier CMC, one of three Canadian Certified Master Chefs.

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PURPOSE DRIVEN SOUPS THAT NOURISH COMMUNITIES

Nutritionally dense, hearty soups made with quality ingredients, delivering a taste of home in every spoonful. Proceeds from every Hug in a Bowl purchase supports Soup Sisters food insecurity programs nourishing people in need.

“The whole process is easy for our staff. From ordering, to pick-up, to simply thaw and serve. You can see and taste it’s full of quality ingredients.”

“We can’t make it for the price we can buy it The cost to buy all the ingredients, plus the time to prepare, it all adds up.”

EFFICIENT PACKING & PREPARATION

- Food service ready
- Flash frozen in bulk format
- Each soup bag is 4 lbs
- Each bag feeds 8 people
- Bags are frozen flat for easy transport and storage.
- 5 soup bags per case
- Thaw, heat and serve



ZERO FOOD WASTE

No landfill footprint through commercial production.



7 VARIETIES

Chicken Noodle
Corn Chowder
Potato Leek
Hamburger
Mushroom Barley
Minestrone
Chili