



Nourishing communities with the universal comfort food

CASE FOR SUPPORT
Prepared by:



26% of Canadians are food insecure. That's 10 million people. 2.4 million children.

*Stats Can 2024 and Proof.ca

There is an affordably crisis contributing to the rising rates of food insecurity.

The cost of food is straining everyone's budgets. No where is this more evident then at the organizations working diligently to support the wellbeing of the vulnerable populations they serve.

Our focus is to help Canadian charities reduce food costs and staff time while still providing quality and nutritious food to their clients.

Our delicious, quality, nutrient-dense soup meals are delivered free to agencies nationwide, ready to heat and serve. This saves staff and volunteer time so that their resources can be allocated to the critical needs of clients.

Everything starts with proper nourishment and we believe we can fuel bodies and minds with this universal comfort food. When an agency receives the donation of Soup Sisters soup because of your generosity, this is a full circle partnership and commitment to community in a unique and fulfilling way.

"Some people think soup is only good for cold winter or fall days, but we know the truth. A hearty, nutritious, DELICIOUS bowl of soup is a feel good meal no matter when it lands on the table. (Receiving Soup Sisters soup) is a HUGE help to our kitchen staff, and a huge help to our food budget!"
Alpha House Society - Calgary

"When someone takes the time to give you something as meaningful as a cup of soup, that means everything to us."
Jane



The time to act is now.

Hunger is about more than just empty stomachs—it's about dignity, opportunity, and the future of our communities.

At Soup Sisters, we don't just want to simply feed people; we want to nourish them. But we can't do it alone. We need businesses, philanthropists, and caring individuals like you.

Your funding support is as simple as MISO - Money In Soup Out.

**\$10,000 feeds 7,000 people
a hot, wholesome and filling Hug in a Bowl!**

Together, we can help bridge the gap so that no child goes hungry at school and that no community is left struggling for nurturing and nourishing food. Help us to keep the soup flowing!

"We know that one bowl of soup isn't going to change these circumstances, but when someone who is reeling from a crisis receives a warm bowl of soup, we know the message of comfort, of that we are here for you and care, can make all the difference at the moment.

Resiliency can kick in when minds are soothed, and bodies are nourished."

Founder & CEO Sharon Hapton



Good food is a human right

Soup Sisters is a registered Canadian charitable organization dedicated to providing highly nourishing quality, well-balanced soup meals for those in need 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 food insecure students, families and individuals.

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 vulnerable populations.

Our mission is simple: to nurture and nourish communities impacted by food insecurity with wholesome and delicious soup.



Souper thanks!

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Donations are eligible for a tax-deductible receipt.

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