



Nourishing communities with the universal comfort food

CASE FOR SUPPORT
Prepared by:



1 in 3 Alberta students are going to school hungry. Last year it was 1 in 4.

*Community Food Centres Canada 2025

*"I love Soup Sisters
soup!
Chicken noodle is
my favourite!"*
-Student

*"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

Soup Sisters Souper Kids

School Soup Days: Feeding Dignity, Not Just Hunger

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. That's where Soup Sisters steps in.

We believe that no child should feel singled out for their financial situation. Food is a fundamental human right, and all children deserve access to nourishing meals.

We take a whole-school approach by feeding the entire student body; there's no separation of who has and who has not. Every child enjoys the same hot, nutritious meal together.

These meals are made possible because of your generosity. Your funding support is as simple as MISO - Money In Soup Out.

**\$10,000 FEEDS 7,042 STUDENTS
a hot, wholesome and filling Hug in a Bowl!**

Sponsor these much-needed Soup Kids School Soup Days and see a single hot meal's profound impact on a child's day and their future.

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



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.

Whether you sponsor School Soup Days, support the Soup Bank, or spread the word, your involvement makes a difference. 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.

"We know that one bowl of soup isn't going to change their 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.



Souper thanks!

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Donations are eligible for a tax-deductible receipt.

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