

**March 3 is National Soup it Forward Day
and Soup Sisters 10th Anniversary!**

Join us in our cross country celebration
and deliver a potful of kindness to nourish
and nurture someone in need.



Great plans are underway in celebration of National Soup it Forward Day and
Soup Sisters 10th anniversary!

March 3, 2019 is filling up quickly and promises to be a memorable soup-making event
for delivering kindness to your community, and supporting our first ever
National fundraiser.

The participation fee of \$80.00 includes one of our bestselling Cookbooks, and a simple
dinner of soup, salad ,bread and wine.

Most importantly, Soup Sisters and Broth Brothers will experience the gratification that
comes from gathering together with friends, family or colleagues to support women,
children and youth in crisis with a 'hug in a bowl'.

Every soup-making event will provide many litres of comforting
and healing nourishment for our recipients.

SOUP IT FORWARD!

