

**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 **\$90.00** 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!**

