



FAQ's

What are the educational benefits in having our students participate?

There are many educational benefits of participating in a Souper Kids event. Students not only enhance their understanding of nutrition, cooking skills, and healthy eating but also demonstrate social compassion and community involvement.

What does the participant fee cover?

The participant fee covers the cost of the ingredients for the soups, containers for delivery, labels, lunch and snacks for participants.

Is there a minimum/maximum capacity of student participation?

We can have a maximum of 30 soup makers. In order to hold a Souper Kids event, we require a minimum of 18 participants.

Does this program require parent volunteers?

Yes this program requires parent volunteers. We require one parent volunteer per soup station. Typically 4-5 parent volunteers and the teacher.

What is the time commitment for an event?

Each event last approximately 2 ½ hours. The event begins at 10:00 am and last until approximately 12:30 pm.

Can my child attend as an individual participant?

Souper Kids is designed for school groups or teams. Individual participants will not be accepted at this time.

What types of soup will the students be making?

The types of soups made are selected based on the dietary requests of the youth shelter. In the past, Soup Siblings have made hamburger soup, pizza soup, spaghetti/meatballs, and chicken noodle soup.

What type of equipment will the students be using?

Students will be using commercial grade kitchen knives. All students will be given a knife skills lesson prior to working at the chopping stations. Cut proof kitchen gloves are available for the students to use. Students also work with graters and vegetable peelers.

How do you handle food allergies?

The snacks and light meal that students are served are all peanut free. If a student has an issue with gluten, they are served a gluten free meal. The same applies for students who are vegetarians.

Is there an age limit?

Due to the nature of a Souper Kids event, these events are open to students in grades 3 and up.

Will students be photographed? How will their photos be used? What if I do not want my child's photos used by Soup Sisters?

Yes students will be photographed during a Souper Kids event. Photos are posted on social media sites like Facebook and Twitter. Students are never identified by name although their school's name will appear when photos are posted. If you do not want your child's photo posted, this information needs to be shared before the event begins.

What do the Souper Kids have to say after an event?

- Our experience in your facility was very humbling for us. It was unlike any other field trip we've ever took part of. We'd like to thank you for this new and wonderful experience. ~ Emily, Lauren and Keagan*
- Thank you sincerely for giving youth a chance to cook for youth that aren't as fortunate as we are. -Bridget*
- We really appreciated and enjoyed the awesome experience with the Soup Sisters. They were caring, fun, and altogether left us smiling bright. Thank-you for the astonishing experience!! - Grace, Sierra, Miliana, Cole*
- Thanks for the experience, It was a brutal journey but in the end all the tears shed were worth it. We made soup with 5 onions. It was a fun trip, Thank you. – Dallas*
- When we first entered the Souper Kids we instantly got so excited as we saw all the cheerful faces on all the volunteers. Because of their cheerfulness we were able to have such a wonderful and exciting time. Thank you so much for motivating us to do more charity work... and cook. Amber, Sarah, Janae, Alex, Joel, and Noah.*
- Thank you for giving us the opportunity to make a huge difference in a deserving teens life. It was a heart-warming and valuable experience that I will remember forever! - Preese*
- Working with you was worth the tears, and I would peel onions again to do it. Lol- Lots of love. Kris*