

PSA

**For Immediate Release**

Contact: Shawna Ogston, Soup Sisters, Direct & Cell: 403-870-2009



**Soup Sisters nourishes lives with healing meals on Soup It Forward Day and all year**

February 24, 2025 (Calgary, Alberta) ... Nothing soothes the soul like a warm bowl of soup. It's filling, nourishing, and made to be shared—especially with those who need it most. That's why the Soup Sisters charity has been making and donating this ultimate comfort food to vulnerable families, individuals, and youth across Canada, with more than 4 million of their Hugs in a Bowl.

Monday, March 3, is [National Soup It Forward Day](#), a time dedicated to the joy of sharing soup and changing someone's day. It's a day when we can 'soup it forward' by making, giving, or enjoying a Hug in a bowl together. March 3 also marks Soup Sisters' 16th anniversary, celebrating their vision of providing heartfelt nourishment to those in need.

How can Canadians participate in National Soup It Forward Day?

- Take soup to someone you care about
- Share how you #SoupitForward on social media and tag @SoupSisters with your go-to soup when you are down or sick
- Follow Soup Sisters on social media and share how the gift of a #HuginaBowl changed your day
- Volunteer at a soup kitchen or warming shelter and share kindness through the sharing of good food

[Soup Sisters](#) is a non-profit charitable organization that provides highly nourishing, quality, well-balanced Hugs in a Bowl to those in need. Each year, soups are intentionally crafted and distributed to more than 60 Canadian agencies nationwide.

Instagram: @Soup\_Sisters  
Facebook: Soup Sisters National  
#HuginaBowl #SoupitForward

###