

What is Soup Sisters?

Soup Sisters is a non-profit charitable social enterprise dedicated to providing comfort to women, children and youth through the making, sharing and donating of soup. Founded in Calgary in March of 2009, Soup Sister was the inspirational vision of home cook and soup maker Sharon Hapton. Sharon turned her heartfelt belief in the healing power of soup into an action plan to help women in crisis. Since then, Soup Sisters has engaged thousands in a movement to deliver over 3 million “Hugs in a Bowl” to families in crisis.

Sunterra Market supports Soup Sisters and you can too!

Sunterra Market supports Sharon in her vision and has been a proud Soup Sisters kitchen partner for over a decade. We’ve now become a Certified Culinary Partner and are proud to provide spaces where companies and friends can come together to build comraderie, boost morale and make a difference making soup together! Sunterra provides all the ingredients, a professional kitchen, a chef facilitator and a delicious supper for your soup making crew.

Soup Sister cooking classes are group events that require a **minimum of 12 participants and maximum of 16 people**. The cost is \$79.99 per person and events can be scheduled with our Sunterra Catering team in Calgary, Edmonton or Red Deer.

What can you expect from your Soup Sister experience?

Appetizer & welcome beverage: Vegetable & dip tray and cheese & cracker tray and a glass of house wine for each of your guests. For the first half hour, you will arrive, get settled and hear from a representative from Soup Sisters about their good work. The shelter/agency that is benefiting from your soup making will also be present to tell you a bit about the important work they do in our community.

Guests are split into groups of 4, each making 1 variety of soup in a large pot (4 litres of soup per person are produced). All the ingredients and recipes are provided and our Sunterra Market chef facilitator will help with this process.

While your soup is simmering, guests will be served a delicious meal of Sunterra prepared soup (all the soup your team makes is donated to the shelter), salad, fresh baked artisan bread and 1 glass of wine with the meal.

When dinner is done, guests will portion, label and package all soup into containers that are provided by Sunterra Market. The soup is left with the Sunterra team who will hold the soup and coordinate a pick up/delivery to the shelter with Soup Sisters. Sunterra Market also proudly donates 10% back from your cooking class fee to Soup Sisters.

Additional items (ie. more wine) may be purchased at the event, or we can pre-arrange additional details if you choose.

Interested in booking a Soup Sister group cooking class event?

We’d love to hear from you. Please contact our Sunterra Catering team at cateringoffice@sunterra.ca or 403-263-9759.

HEAD OFFICE 200 – 1851 Sirocco Drive S.W., Calgary, Alberta T3H 4R5 • tel: (403) 266-2820 • www.sunterramarket.com

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