



What is Soup Sisters?

Soup Sisters is a non-profit charitable social enterprise dedicated to providing comfort to food insecure communities through the making, sharing, and donating of soup. Founded in Calgary in March of 2009, Soup Sisters 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 the marginalized and since then, Soup Sisters has engaged thousands in a movement to deliver over 4 million “Hugs in a Bowl” as well as establishing Canada’s first ‘Soup Bank’.

Welcome to Soup Sisters Guelph!

The Guelph Chapter has been reestablished after the forced shutdown of our events during the COVID pandemic, and we’re so proud to once again serve our community. All soup donations go to Guelph-Wellington Women in Crisis, a shelter assisting women and children fleeing domestic violence, and Hope House, providing a holistic approach in serving vulnerable adults, youth and children. Soup Sisters Guelph is a Certified Culinary Partner and are proud to provide spaces where companies and friends can come together to build community and make a difference by making soup together! We provide all the ingredients, a professional kitchen, a chef facilitator, and a family style dinner for your soup making crew.

What can you expect from your Soup Sisters experience?

You will be welcomed with a lovely charcuterie board paired with wine as well as seltzers. As you settle in, we will hear from G-W Women in Crisis and Hope House explaining the work they do in the community. Guests are then split into four groups, each making a different soup to produce approximately 20 L of soup. All the ingredients are sourced and portioned by Chef Josh who, along with your Soup Sisters Guelph team, will be circulating to answer any questions. While your soup is simmering, guests will be able to choose a bowl of the four prepared soups paired with fresh salad and bread prepared by Chef Josh. When dinner is done, guests portion, label, and package all soup into containers for delivery by the Soup Sisters Guelph team.

Interested in booking a Soup Sisters event?

Soup Sisters Guelph events require a minimum of 16 participants (max 20) and are held at 10C Shared Space in downtown Guelph. The cost is \$95 per person and events can be scheduled by emailing soupsistersguelph@gmail.com or by DM on Facebook and Instagram with handle soupsistersguelph.