



The Mission

Ensure the ongoing supply of **fresh soup** to nurture and nourish **those in need**, particularly women and children affected by family and domestic violence as well as youth in crisis.

Each Month

15,000 bowls of home-made soup are donated by Soup Sisters through the work of 40 soup making events in 26 North American cities.



Each Year

65,000 containers of home-made soup are delivered to over 40 shelters across Canada.



Since 2009

Nearly 2 million bowls of soup have been delivered to emergency shelters across the country.



Launched in 2016

“MISO”: Money In, Soup Out. An initiative to get freshly made soup to Food Banks across Canada.

Launched in 2019

Soup Sisters fresh soup cause brand is sold in all Costco East stores.



Thank you for your ongoing support these last 10 years!