# Souper Sisters: 'Impacting the community one bowl of soup at a time'



#### Disclosure

- No conflicts/nothing to disclose
- Partners:









#### Port Hope Community Health Centre

"Building a healthior community together"

- Food cupboard
- Food security initiatives
- Community 'Sharing Garden'
- Training kitchen (Health Unit certified)
- Existing volunteer management program
- Local farm donations
- Sufficient equipment for food processing













## More vegetables...



### Our problem...

- More veg on hand
- Why people not taking veg?
- Food waste imminent
- Lack of storage
- Lack of resources to break down and preserve food



#### Our goal/objectives for a project

 To offer better quality food to clients while limiting food waste

 Develop a team of volunteers to call upon in short notice to process excess fresh food



# Why Soup?

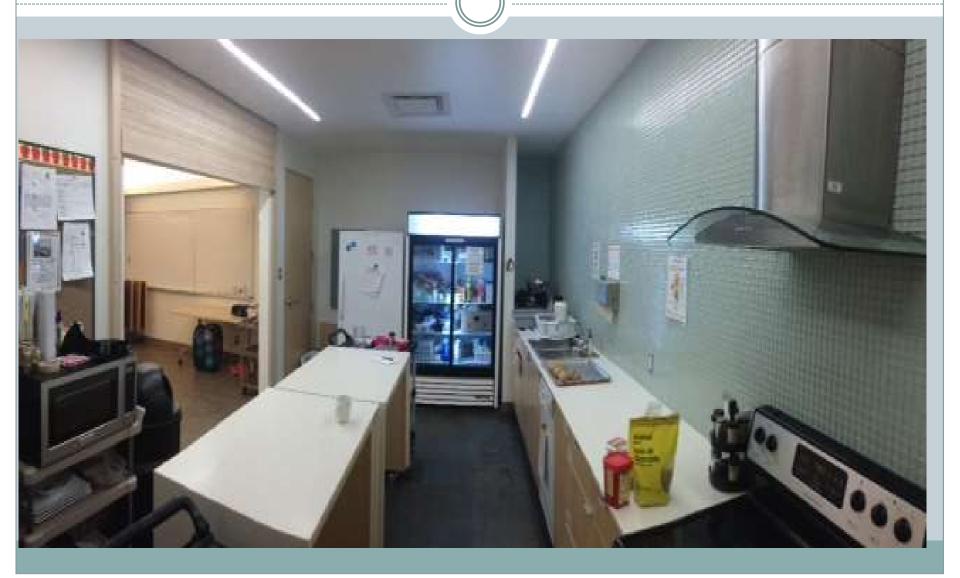


#### **Project Startup**

- Existing volunteer program in place
- Coordinated by Health Promoter
- Day of calling/email
- All soups based on what we had on hand
  - Food 4 All Warehouse
  - o CHC 'Sharing Garden'
  - Community Food Donations



## Port Hope CHC Kitchen



#### Volunteer Soup Standards

- Kitchen orientation
- Handwashing protocol
- Dishwasher/3 sinks
- Safe food handling overview
- Quality Assurance
  - List of ingredients used
  - Food labels dated
  - Cooling/packaging



#### Early success

- Overwhelmed by positive feedback by food cupboard users
- Soup gone each week
- Minimal food waste each week
- Buzz surrounding "souper sisters"





## **Project Growth**

- ++ Interest in volunteer inquiries
- Adoption of monthly schedule
  - o Currently 3 x month
- Food donations continued
  - Local protein
  - Financial donations



#### The current weekly routine

- What food is on hand?
- Equipment and base ingredients laid out
- Recipes and materials available
- Safe food handling reminder
- Containers/labels
- Staff support available





#### **Expenses**

- Containers
- ~\$20 to supplement on hand ingredients
- Staff resources
- Replacement of equipment



#### **Program Success Stories**

#### Volunteer Perspective

Friendships
Sense of belonging
Empowerment
Ownership
Socialization
Skill building



#### Program success stories

#### Organizational Perspective

- o 648 volunteer hours
- o Target Population: **1652** containers, **82** flavours
- Relationship building
- Positive comments and acceptance from clients
- o Safe, respectful environment
- Community partnerships



#### Unexpected outcomes

- Satisfaction of volunteer work
- Weekly demand for HM soup
- Building of sense of team for volunteers
- Break down of barriers for unfamiliar foods



## **Moving Forward**



- Continued demand for involvement in project
- Expansion of garden
- Chili Chaps?
- Prepared meals?
- Hot lunch on Thursdays?
- Need for coordinator of volunteers?

## **Questions?**

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