

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



TUESDAY JUNE 2, 2015
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Disclosure



- No conflicts/nothing to disclose
- Partners:





- 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
 - 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
 - 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



SOUP'S ON!

Chicken veg
Mushroom barley
Barley Veg
Chicken & Rice
Cabbage Roll
Minestrone
Beef Veg
Mulligatawny

Roasted Apple
Squash
Carrot Ginger
Potato Leek
Cream of Celery
Cream of Broccoli
Onion Fennel
Hamburger
Curried Squash

Turkey veg
Spinach Orzo
Tuscan Chicken
Tomato
Split Pea & Ham
Red Lentil and
Chickpea
Moroccan Veg
Cheese Tortellini
French Onion
Kale & Sausage
Turkey Chili
Pork & Rice
Spring Pea
Turkey Noodle
Creamy Chickpea
Creamy
Cauliflower
Roasted Red
Pepper



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**
 - **648** volunteer hours
 - Target Population: **1652** containers, **82** flavours
 - Relationship building
 - Positive comments and acceptance from clients
 - 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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