

wolfville

# Soups and Sides

Laura Yaroshevska and Barb Shaw

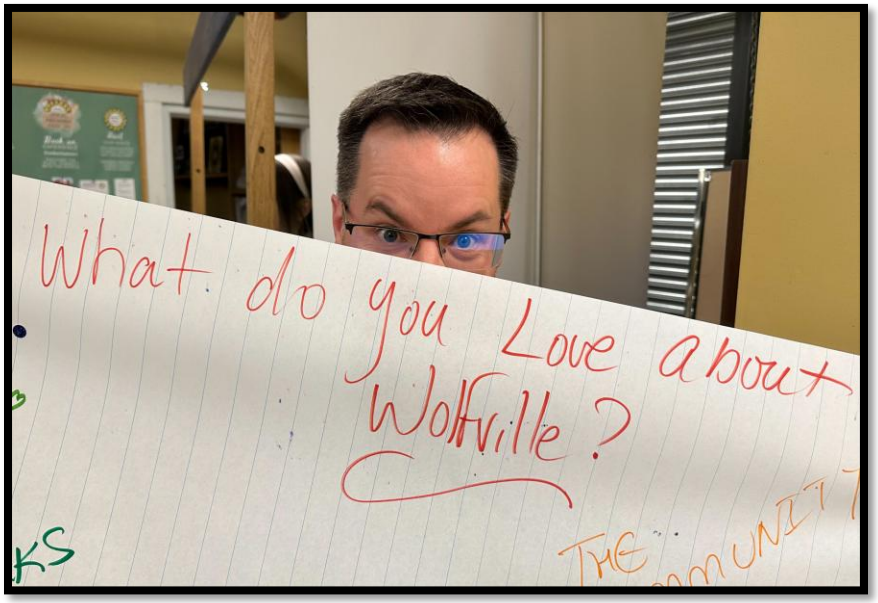
# One bowl of soup at a time…

- “Soups and Sides” - soup and a ***side*** of fun activities that create feelings of belonging.

- We think every community should have a program like this.



# Engagement




- Students wanted to feel more welcome in Town
- All residents wanted ways to meet and connect with others in the community
- Folks wanted safe spaces to gather in
- Everyone wanted opportunities that were barrier free

# Acadia students have great ideas

What if we offered a food-based program as a way to build community?



# Soups and Sides makes an impact

Soups and Sides is written into Wolfville's Equity and Anti-Racism Plan.






# Our recipe




- **Ingredient 1: Volunteers**
- **Ingredient 2: Soup Wizard (Chef)**
- **Ingredient 3: Location**

# Our recipe



**Ingredient 4: Partners**

**Ingredient 5: Funding**

**Ingredient 6: Invite everyone**

***Mix these ingredients together and you will have a delicious and nutritious way to increase feelings of belonging and more.***

# Disclaimer

**Our program has caused the following side effects:**

- Guests have made friends
- Guests have reported feeling more connected in community
- Guests have found housing
- Guests have found transportation
- Guests have enjoyed a hearty meal
- Guests have had a chance to chat with Council about ideas
- Guests have learned new things
- Guests have had loads of fun
- Our guests know that they totally belong in Wolfville and at our table.



# Thank you!




Thank you for letting us share our story.

We hope you will also try to build community with soup.


Balance. That's what we're all looking for.
In our work. In our personal lives. And,
most of all, in the place we call home.