Workplace Soup Club

With the winter weather now upon us, we may find one of the best ways to keep ourselves warm is from the inside out.

Soup has long been a favourite during the colder months for a number of reasons, including health benefits, convenience, warmth, and, of course, taste. At this time of year, there is a vast range of delicious seasonal vegetables to try, which means that you can pack your soups full of fresh, nutrient-packed ingredients that will help you ward off the winter bugs.

Having a regular Soup Club is ideal in winter for sharing your favourite recipes with others and for opening up opportunities to try something new, while being a great excuse to socialise with friends, family or colleagues.

Why start a Soup Club?
The Australian Dietary Guidelines recommend that we all eat plenty of vegetables and legumes and soups are a perfect way to top up our intake of these important food groups. Soups can be filled with pumpkin, carrots, turnips, swedes, lentils and beans like kidney and cannellini.

A large pot of soup can be simple to prepare and can feed a number of people. Once all the ingredients are in the pot, most soups require little supervision to cook and, it can easily be transported and heated up, as well as stored in the freezer for later.

Soup Club members take turns in preparing different soups and bringing it along to the place of meeting. By initiating a Soup Club, you can encourage your workmates to eat healthy food, while experimenting with different recipes.

In the warmer summer months, swap soup club for salad club! Use the same roster system, but ensure there are a variety of salads.

How to Get Started

Step 1:
Ask your work colleagues whether they would like to be part of a Soup Club and put them on the list. Note if anyone has food preferences or allergies that will need to be considered.

Step 2:
Choose a day, time and place to host your Soup Club and determine whether it will be weekly, fortnight or monthly.

Step 3:
Set up a roster, which indicates the dates your Soup Club will meet and the number of soups to be prepared. You can either allocate days for people to prepare soup or ask members to write their names next to their date preferences. As a general guideline, one soup of approximately three litres will cater for six people. You can also take turns to bring along bread for everyone to enjoy with their soup.

Step 4:
Get ready to enjoy the soups by ensuring that you have enough soup bowls, cutlery and ladles for serving. It can also be an opportunity to fundraise for a charity or a cause of your choice by asking members to make a donation each time.

Enjoy!