



Soup is a SNAP was born from a desire to do more than provide a meal—it was designed to foster connection. Originally launched by the Winnisquam Regional School District (WRSD) to coincide with National Soup It Forward Day, the program transforms a humble kitchen staple into a vehicle for kindness.

Observed annually on March 3rd, National Soup It Forward Day is rooted in the "pay it forward" philosophy. It's about more than cooking; it's about providing warmth and nourishment to those struggling, grieving, or in need of a lift. By using the universal language of food, the program bridges the gaps between neighbors.

The WRSD community recognized that a simple gesture, like delivering a jar of homemade soup, creates a powerful ripple effect. Students across both elementary schools created jars for their families, receiving overwhelmingly positive feedback.

What began as a one-day celebration has since evolved into a sustained community project. Today, the Lakes Region Food Access Coalition is expanding this mission by integrating the program with the Supplemental Nutrition Assistance Program (SNAP) and distributing soup mixes throughout our local communities.

LOVE SOUP IN A JAR



COOK TIME: 60 MINUTES

ABOUT 12 SERVINGS

Ingredients:

1/3 cup beef bouillon granules
1/4 cup dried minced onion
1/2 cup dried split peas
1/2 cup uncooked twist macaroni
1/4 cup barley
1/2 cup dry lentils
1/3 cup long grain white rice
1 cup uncooked tri color spiral pasta

Use a canning funnel that has about a 2 inch neck. Be sure to use a wide-mouth 1 quart jar.

Layer in jar following order above.

Attach tag with cooking instructions.

Directions:



In a large kettle, brown 1 pound of ground beef or stew beef cut into bite sized pieces in a little olive oil.

Remove tri-color pasta from the top of the jar and reserve.

Add the rest of the jar contents to the kettle with 12 cups of water.

Let come to a boil and simmer 45 minutes.

Add tricolor pasta and simmer 15 minutes more.

Serve with your favorite bread and a tossed salad.

What you will need to build 100 jars



7-2 lb jars of beef bouillon

3-4 lb containers minced onion

22-1 lb bags of split peas



11-1 lb bags of barley

20-1 lb boxes of elbow macaroni

20-1 lb bags of lentils



14-1 lb bags of rice

25-1 lb boxes of tri-color spiral pasta



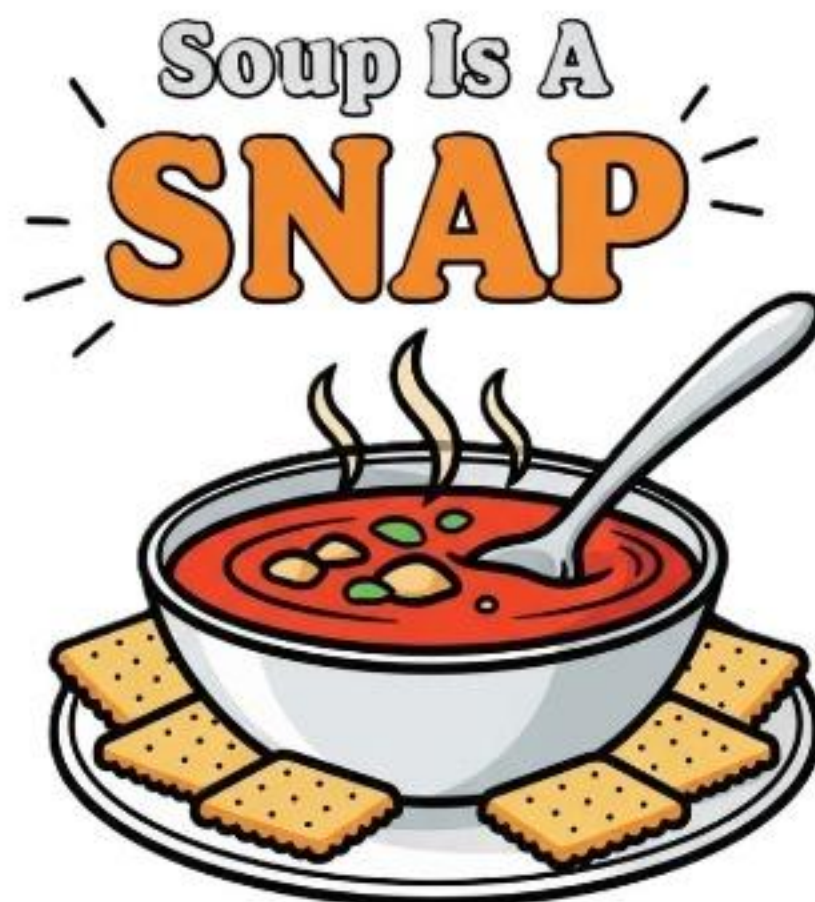
100 wide mouth 1 quart jars

This heartwarming project is dedicated to spreading kindness and warmth by sharing soup with others, while raising awareness about the SNAP program.

The Lakes Region Food Access Coalition has created and distributed approximately 500 layered soup jars this year.

Recipients have included:

The Hands Across The Table Program
Tilton Archways
St. Gianna's Place
Lakes Region Community Developers
St. Vincent De Paul



Scan the code for information about the Supplemental Nutrition Assistance Program (SNAP)