



Service Project Activity:

Soup in a Jar

About the Project

This service project involves measuring and putting together the ingredients for a soup into a mason jar. The jars are donated to food pantries or shelters. Dried soup provides a nutritious and easy meal that can be stored for some time and enjoyed by the recipient when convenient.

How it Works

TELEM can offer a recipe to use, or program leaders can select their own. After the jar is filled, pieces of paper with the ingredients and instructions are attached. We recommend asking the nonprofit you are donating the jars to what language(s) they would like to have the ingredients and instructions in. If there is time, a friendly note can be added to the jars. Depending on how many ingredients there are in the soup and the amount of supplies available it can take about 10-15 minutes to fill one jar. Typically, this activity is done in an assembly line format, and is suitable for youth of all ages.

Creating dried soup jars is a tangible way for youth to bring warmth to those in need and can be a great hands-on activity to do after learning about food insecurity.



Please contact TELEM Program Coordinator Grace Farnan at gfarman@jrcrboston.org or (617) 457-8652 if you are interested or have any questions.