



# Iron Ridge Intermediate Campus

**Our Mission:**  
Empowering all Learners to be Extraordinary

IRON RIDGE INTERMEDIATE CAMPUS  
101 Cottonwood Drive  
BLACKFALDS, AB. T4M 0M4  
PHONE: 403-885-6100 FAX: 403-782-8744

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Dear Parents / Guardians,

Did you know that February 4 is National Homemade Soup Day? IRIC is planning to celebrate this very special day, but we need your help. During the week of January 25-29, we will be collecting ingredients for making homemade soup for our students here at school. **All fresh vegetables and macaroni will be purchased by the school.** We are asking for **prepackaged ingredients only to be brought from home.**

Staff will be supplying each class with a crockpot to cook the soup in. All crock pots will be sanitized before use. Our nutrition person, Jill Pearson, who is a certified Red Seal Chef, will collect the donated ingredients from each class. She will be responsible for washing and chopping **all the vegetables which will be purchased by the school.** **Macaroni will also be purchased by the school.** Once all preparation protocols have been followed, class portioned ingredients will be delivered to individual classrooms and added to the classroom crock pot by either Ms. Pearson, Mrs. Lastiwka or Mrs. Elliott. Students will then smell the delicious aroma of homemade soup simmering in their classroom throughout the morning. When the soup has finished cooking, it will be served by the classroom teacher wearing gloves and a mask and delivered to each child's desk.

**If you are uncomfortable with your child participating in this event, please inform your child's teacher or call 403-885-6100 and ask for administration. Also, if your child has any allergies, please let their classroom teacher know.**

This letter includes all the ingredients and the recipe below. Please look for the sign up sheet from your child's teacher. Help us celebrate IRIC soup Day.

**Our Vision:** At Iron Ridge Intermediate Campus we develop compassionate leaders who realize their potential and enrich the world.

## **National Homemade Soup Day**

February 4th heats up with National Homemade Soup Day. In every cuisine soup provides a rich basis of flavor and history.

Before the era of modern transportation, soup was a product of regionally available foods. Cooks all over the world season their soup from the heart giving it just the right amount of love each and every time. Whether they add it with noodles or vegetables, the broth or the cream, each cook knows there's enough to go around. That's why homemade soup heals the best. For this reason, there are thousands of soup recipes available today. We will be cooking the following recipe:

### **Vegetable Soup**

- 1 large onion (supplied by IRIC)
- 6 carrots (supplied by IRIC)
- 6 stalks of celery (supplied by IRIC)
- 5 litres of vegetable soup stock
- 2 cans of corn
- 2 cans of peas
- 2 cups of elbow macaroni (supplied by IRIC)
- 2 cans of tomatoes
- 1 package of plastic spoons
- 1 package of disposable bowls

Place all ingredients in the crock pot. Turn on the crock pot. Add macaroni half an hour before eating. Enjoy!

### **How to Observe #NationalHomemadeSoupDay**

Tell us about your favorite homemade soup. Share a recipe or a memory. Gather the family to learn how to make your best recipe and share the love.