



Solar Household Energy, Inc.

Solar Cooking for Human Development and Environmental Relief



2021 Annual Report



Our mission: Solar Household Energy (SHE) leverages the power of solar cooking to improve social, economic, and environmental conditions in sun-rich areas around the world.

COVER PAGE – Left: Lorena Harp’s “Cocineros Solares” enterprise in Oaxaca, Mexico - customer (top) and ambassador Bibiana with fresh solar-baked chocolate cake (bottom). Photo credit: Lorena Harp, field project manager. Other photos: families from the “100 Families Project” in Nairobi, Kenya showing evidence of direct donations for heat-retention baskets and solar cookers, photo contest winners, pot-in-pot coolers, and Koko Stoves. Photo credit: Samuel Odhiambo, field project manager

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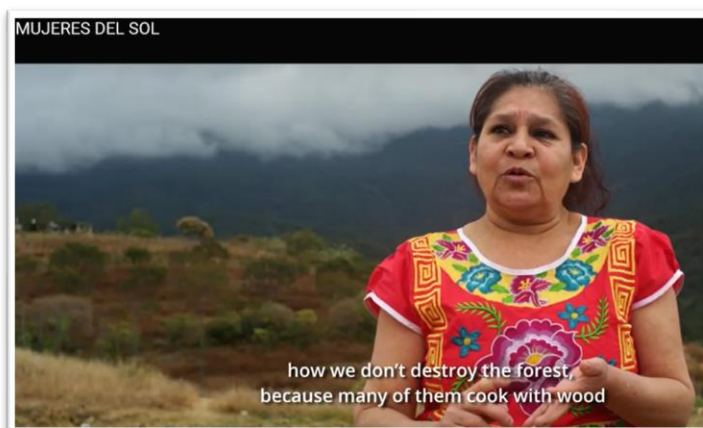
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Enjoy local Oaxacan music as Mujeres del Sol share their solar cooking successes. You'll wish you could enjoy the local flavors too! See p. 6

Letter From the President

Dear Friends of Solar Household Energy,

Thank you for your interest and support for SHE. Without your contributions we would be unable to offer low-income and remote communities in developing countries comprehensive programs introducing efficient, clean-energy solar cookstoves to prepare wholesome meals.

As we have witnessed, it is these communities which have been impacted most heavily by the COVID-19 pandemic. Coupled with disrupted global supply chains, restricted food commodity trade routes and the inflationary pressures on world economies, all efforts to facilitate the access of the poor to adequate, healthful nutrition must be pursued. Solar cooking addresses the fundamental ability of families to cook in a healthy, safe, and affordable way.

During 2021, SHE local community outreach activities were limited as a result of the pandemic. Nevertheless, SHE carried on supporting our partners in developing countries, promoting and improving the technology and testing of solar ovens, planning to leverage the carbon credits market and, stimulated by the new approaches to “remote” learning, began development of virtual training materials. With the support our partners on the ground, we expect to reach even more communities through these virtual learning approaches.

Fortunately, as we enter 2022, several previously pent-up opportunities now are emerging to engage additional communities, replicate our successful programs and also meet new challenges. In the following report you will find more detail about our 2021 activities and what we expect lies ahead for 2022. Please continue to support SHE and our global network of trusted international partners to deliver a proven solution to the critical challenge of clean-energy cooking.



David Grossman
President, SHE-INC



On the Ground: Sustainable Household Energy Technologies and Education

Mexico: Expanding virtual education and humanitarian partnerships

SHE first became engaged in promoting solar cooking in Mexico in 2003 when the HotPot, a panel design solar slow cooker, was developed by SHE in collaboration with the Mexican Fund for the Conservation of Nature and the Florida Solar Energy Center. In 2003, SHE won a “Development Marketplace” grant from the World Bank to promote solar cooking in Mexico. Thanks to partnerships instigated by SHE, over 40,000 HotPots have been sold or distributed worldwide.

SHE’s “solar cooker ambassador” program in Oaxaca led by Lorena Harp



*Lorena (in yellow) and her ambassadors train rural community customers in solar cooking.
Photo credit: Lorena Harp*

Since 2017, SHE has supported Mexican solar cooking expert Lorena Harp in her goal to bring solar cooking to the rural women of Oaxaca State through a self-funding “solar cooker ambassador” program, providing both technical and financial aid. Ambassadors promote and sell on commission an affordable and durable panel-style solar cooker, the [Haines Solar Cooker](#) (HSC) at a subsidized of \$32, provide follow-up support to maximize adoption of this alternative cooking model, and survey users to report back to SHE.

For more information, please see this [scientific poster](#) summarizing project findings and Lorena’s “[Cocineros Solares](#)” Facebook page.

Oaxaca Ambassador Program Highlights:

- Over 250 solar cookers sold to low-income customers in remote, rural communities
- Ten ambassadors earning \$15 commission per sale
- 50% savings in fuel usage, as reported by customers
- Over 200 solar cookers donated or sold to local organizations for emergency relief
- Donation and delivery of groceries to over 40 families in need

2021 – Partnerships serving the poor, and virtual education

The ambassador program slowed down during the Covid-19 pandemic, as social distancing restrictions made travel to rural communities and in-person training all but impossible for Lorena and her ambassadors. Lorena has been keeping the enterprise afloat after SHE's pilot project ended, by selling solar cookers online to middle-class customers and local businesses. Most of her efforts, however, still



Lorena trains Mitla municipal president and cabinet members who want to add solar cooking to Mitla's array of established eco-technologies. Photo credit: Lorena Harp

focus on collaborating with solar cooking organizations serving poor communities and increasing her outreach via social media and demonstrations at open-air markets and other venues in new communities.

Four large workshops trained dozens of people from organizations that serve poor communities:

- the Missionary Sisters of the Divine Shepherd distributing renewable energy technologies in poor rural communities in Oaxaca;
- the Astra Foundation of Baja California Sur, a non-profit comprised of healthcare professionals serving vulnerable populations such as agricultural day workers. They plan to buy 100 solar cookers to donate them to these populations with little or no income;
- Mitla municipal president and women cabinet members, who would like to add solar cooking to the wide array of eco-technologies already established in Mitla, the center of Zapotec culture;
- the “Tu Patio” Elementary School in Oaxaca City.

Lorena carried out solar cooker deliveries and training to new customers and businesses, as well as one particularly needy family in the impoverished community of San Miguel Albarradas.



Left: Lorena donates a Haines Solar Cooker to a family in the poor community of San Miguel Albarradas and trains them. Right: the family grandmother cooking on their unimproved stove. Photo credit: Lorena Harp



Lorena promoted solar cooking at open-air markets, reaching hundreds of people. She demo-ed repeatedly in “El Pochote Reforma,” and at the “Tierra Viva” organic market in “El Tule” community.

Left: Lorena promoting the Haines 2 solar cooker at Pochote Reforma bazaar. Photo credit: Lorena Harp

Thousands of people were educated virtually:



Stills from the video “Mujeres del Sol” (Women of the Sun) featuring solar cooking ambassadors, directed by Bernardo Perez of Cienega Cine in partnership with SHE and Lorena Harp. Photo credit: Bernardo Perez

- The video “[Mujeres Del Sol](#)” (click for YouTube link) showcasing the ambassador program has been viewed over 700 times. It was widely circulated in social media and sent to various potential partners from civil and governmental organizations.
- Lorena participated in a webinar/online discussion event called “[Cocinando con el sol](#)” (Cooking with the sun) organized by “El Mitote Ambiental” (environmental gossip) along with other solar cooking experts in Mexico, all women. The recording has been viewed over 400 times.
- Lorena was interviewed via zoom by the “Mexican Network for Solar Drying and Cooking” on her solar cooking experiences over the last few years. The recording is entitled: “[Sal Pimienta y Sol](#)” (Salt, Pepper and Sun).
- Lorena was interviewed by Eng. Edgar Vargas, a postgraduate student in Industrial Design at Universidad Nacional Autónoma de México, who is carrying out a research project on “Design of a thermosolar eco-technological system for domestic urban environments.”

Nairobi, Kenya: The 100 Families Project

In 2021, SHE continued joint efforts with solar cooking expert Tom Sponheim, embracing his **100 Families Project in Nairobi to lift up 100 families that were locked down and unable to work due to Coronavirus pandemic restrictions.** Using a new, “radically transparent” model, donors’ funds are transferred directly to each family, who send back photos to show how the funds were used. Basic needs such as groceries are met first, then families work with Nairobi-based colleague Samuel Odhiambo to start businesses, aiming for self-sufficiency. To date, approximately half of the families have become self-sufficient. Some have also added solar cooking to their lives for increased savings.

Food support

As the Covid lockdown has eased, we have continued our food assistance to the 100 families, but at a reduced level. We are now giving \$3 (down from \$10 in 2020) to each family every two weeks. This provides enough money for the family to buy approximately 3 kilos of maize meal or other foods of their choice. The families continue to send back photos showing the food they have bought: <http://100fams.org>.

The families are slowly returning to their usual sources of income that go to pay school fees, rent, and other necessities. Our goal is for more of the families to become self-sufficient. Below are some of the ideas the families and our team implemented in 2021.



A family with food they bought thanks to radically transparent donations. Photo credit: S. Odhiambo



*Family solar cooking.
Photo credit: S. Odhiambo*

Solar cooking

We have trained 55 families in the use of solar cookers. Currently, eleven of the families have their own solar cookers and use them regularly whenever the weather permits. This reduces the money these families spend on fuel and frees this money for other needs.

Heat-retention cooking

Fifty-five families have also been trained in heat-retention cooking, which involves heating food over a stove or in a solar cooker, and then placing it in an insulated basket where it continues to cook until done. Eight of these families have built their own heat-retention cookers and use these to reduce their fuel use.

Sewing workspace

In August of this year, we surveyed the families, asking how else our project could be of assistance to them. One woman asked for a sewing machine for her business of tailoring used clothing for resale. This gave us the idea of providing a common workspace with multiple sewing machines that all families could use.

We currently have this workshop set up in Samuel's school, with four sewing machines and one serger. The machines are used continuously and sewing classes are also being conducted. A number of mothers have used the machines along with cloth we supply, to make school uniforms for their children; without these, the children are not allowed to attend school.



Common sewing workspace. Photo credit: S. Odhiambo

Computer lab

After setting up the sewing workshop, we decided that it would also be desirable to provide computers for the families' use. To this end, we purchased three desktop computers and one multifunction printer. All are connected to the Internet and are receiving active use.

Samuel states: "The three computers and the printer have been of immense help to members. They can access Internet, Google, download and print their children's assignments. They can also photocopy, print, and even scan their documents. For those who need basic computer knowledge, we train on basic commands and typing."



Computer lab. Photo credit: S. Odhiambo

Koko Cookers

The two-burner ethanol Koko Stove is now available in Nairobi, where over 250,000 have been sold. The local manufacturer has made use of the dynamics that have powered the rise of cellphone use in the developing world. The stoves sell for approximately \$18, which includes two 2-liter containers of ethanol. "Koko Point" machines are widely available, where people can use their cell phones to buy as little as 50 Shillings worth of ethanol at a time. This is a big advantage since LPG stove refills cost 1600 Shillings.



Family with Koko stove. Photo credit: S. Odhiambo

A Koko Cooker generates up to USD 30.00 annually in carbon credits, which is used to keep the cost of ethanol low for Koko Stove users.

We have conducted a trial introduction of these stoves to seven of the families (see photos [here](#)). So far, the reception has been enthusiastic. We are now working to fund the purchase of stoves to distribute among the 100 families. This will free up some LPG stoves that we had previously donated to some of these families. These will be redistributed to the families that we have helped to open street restaurant businesses where multiple cookers will allow them to cook more easily for their customers.

Koko Stoves were featured on the BBC podcast [People Fixing the World](#).

Sprouting

The families continue to sprout mung beans to save cooking fuel. And, as most of the families had long ago stopped eating beans due to the expense of cooking these, now they have been able to add this important protein back into their diets, now in a more vitamin-rich form. We estimate that 50 families are now sprouting regularly.

Thermoses

We did an informal survey and determined that nearly 50% of the thermoses we provided a year ago to each of the families have now been broken. Apparently, living in such small spaces with so many children, it is very common for the thermoses to be dropped, and since the interior of the thermoses is made of glass, they break easily.

We are looking into whether to replace the broken thermoses with thermoses that have metal interiors, or to somehow find another way that thermoses can be kept intact, perhaps by hanging them on the wall.

Medical aid

It happens occasionally that one of the family members becomes ill or is injured in some way. In such cases, where the family cannot afford medical treatment, we have provided small amounts of money to allow for this. For example, two different toddlers have fallen into family cooking fires. We were able to pay for their tests and medications after they were admitted to the hospital. Both have since recovered but who knows what would have happened if they had not had the money that we provided for their care. We also paid for transportation to and from radiation treatment appointments for one cancer patient. She has now been declared free of cancer.

Chess Club

The Chess Club has grown to 43 members with 17 girls and 26 boys. We have provided six chess boards for their use and made each member aware of an Android app that provides dozens of instructional videos. So far, we have held two chess tournaments. Periodic tournaments will continue.



Chess club. Photo credit: S. Odhiambo

Borrowing fund

Families who wish to participate in the Borrowing Fund each deposit 100 Kenyan Shillings (approximately \$1) per month into the fund. As long as this monthly deposit is made, the family has the right to borrow money from the fund at 10% interest per month. This gives the families a ready source of money for emergencies. Loans must be paid back completely in the month following the issuance of the loan. At any time, a family can withdraw all of the money that it has deposited and stop participating in the fund.

As of November 12, 2021, the fund contained 82,050 Kenyan Shillings (\$750). Fifty-eight families are participating in the fund. So far, 36 families have taken out loans against the fund. The repayment rate to date is 100%.

Community cleanup



Community cleaning their area. Photo credit: S. Odhiambo

Each family is urged to keep the area around its dwelling free from litter to act as a good example for neighbors. Also, on the day of the food money transfer every two weeks, 25-30 family members show up for a large community cleanup where litter is collected and sewage channels are unclogged.

Fermentation

Approximately 10% of the families have adopted the practice of fruit fermentation. Since mangos are very cheap in season, fermenting mangos in jars allows them to stay fresh for months, providing calories, vitamins, and added nutrients.

Donating to the Project

The 100 Families Project was adopted in 2020 by Solar Household Energy. You can make a tax-deductible donation to the 100 Families Project [here](#). (In the process of making your donation online, you will be able to indicate that you wish your donation to go directly to the 100 Families Project.)



*Preparing mangos for fermentation.
Photo credit: S. Odhiambo*

East Africa: Solar Cooking for Refugees

SHE has been active in East Africa since 2011, when 250 HotPot solar cookers were distributed in Gaga refugee camp in Chad in partnership with the United Nations High Commissioner for Refugees, Africare, and Bolivia Inti-Sud Soleil.

Since 2017, SHE Board member Roger Haines has initiated several projects in refugee camps in partnership with the Alliance for African Assistance and the San Diego Rotary Club, among other partners. In 2017, a Solar Cooker Festival for 500 school children was held at the immense Kakuma refugee camp. In 2019 and 2020, Ecomandate Ltd, a solar cooker distributor, renewable energy research and promotion firm based in East Africa, in partnership with Tonembee foundation, manufactured and sold over 25 Haines solar cookers. Further promotion and sales were restricted by COVID-19 social distancing requirements. In 2020, 33 Palabek refugee women received Haines 2 solar cookers and were trained in their usage. Evaluations for these projects have been postponed due to COVID-19 safety considerations.

Over 800 solar cookers distributed to refugees in East Africa

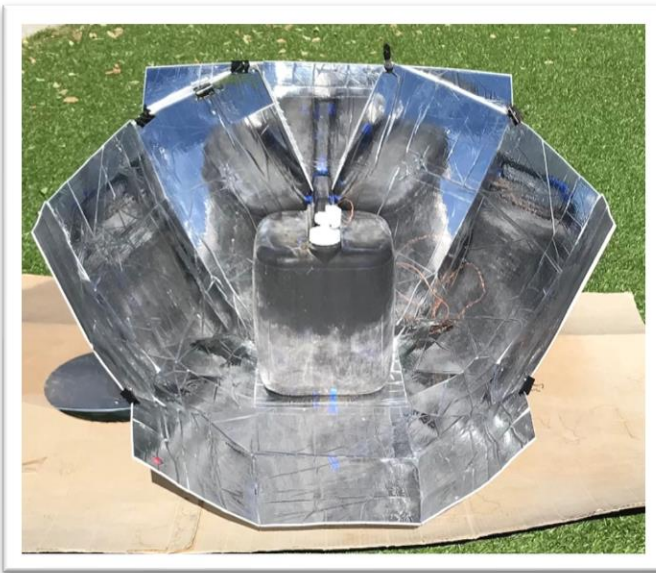
Also in consultation with SHE, Roger is organizing focus groups of women in developing countries to evaluate his new Pop-open Haines Solar cooker. The first three focus groups will be in refugee camps in Dadaab and Kakuma, Kenya, and in the area around Gulu, Uganda. SHE will review the evaluations from the focus groups, and we will continue to consult with Roger as the projects scale up.

R&D: Sharing tools and wisdom, always improving on technology

Advising international organizations

SHE contributes to the development of solar cooking technologies and their testing standards to improve solar cooker quality, durability, regulation, affordability, and accessibility for all. In recent years, SHE's Director of Research and long-time Board member Paul Arveson has participated in International Standards Organization (ISO) committees to develop laboratory test protocols ([ISO 19867-1:2018](#)) and field testing protocols ([ISO 19869:2019](#)). He helped make solar cooking testing easy, affordable and accessible to small organizations in development settings with limited budgets by writing up methods that use off-the-shelf instruments and Excel spreadsheets (rather than Python). This year, he assisted other organizations in taking advantage of these tools, communicating regularly with Engineers without Borders solar cooking project managers. He has also advised the MIT FabLab, Rockville Science Center in Maryland, two STEM education programs in the Washington, DC area, and science fairs on different aspects of solar cooking research and development.

The Haines 2: Best-performing panel cooker takes on new functionalities



In 2021, during the Covid shutdown, Board member Roger Haines continued his efforts to create the fastest and easiest to use panel cooker at the lowest possible cost. In consultation with SHE, he designed a prototype “triple angle” solar cooker that is large enough to pasteurize a five-gallon jerrycan of water in 3 ½ hours. It can also accommodate stacked pots that can cook three kinds of food at the same time, and its four sides can fold upward so the reflector can become its own “heat-retaining basket,” to keep the food hot until after dark. Further testing is ongoing.

The Haines “triple angle” prototype pasteurizing a 5-gallon jerrycan of water. Photo credit: Roger Haines

The Haines 2.0 was voted “[best overall](#)” solar cooker by [TreeHugger](#), a leading sustainability blog.

Education and Advocacy – Worldwide Celebrations and Collaborations

With COVID-19 restrictions loosening this year, SHE had the opportunity to demonstrate solar cooking in person again, as well as promote solar cooking virtually.

Celebrate Worldwide Solar Cooking Awareness Week!

June 23rd to 30th 2022 (northern hemisphere)
December 17th to 23rd 2022 (southern hemisphere)



SHE volunteers demonstrating solar cookers during “Worldwide Solar Cooking Awareness Week. Photo credit: Odile Brock

Celebrating with the solar cooking community

SHE participated in the first “**Worldwide Solar Cooking Awareness Week.**” On June 28th, SHE volunteers held a family-friendly solar cookout at Stead Park in Washington, DC showcasing a variety of solar cooker brands, in which they solar cooked ratatouille, hot dogs, cookies, and hard-boiled eggs, reaching over a hundred people. All solar cooking enthusiasts are encouraged to participate wherever they are, and however they can!

Two of our passionate Board members were **interviewed by “Big Blue Sun Museum of Solar Cooking”** creator Luther Krueger – watch [Paul Arveson](#), our Director of Research, and [Roger Haines](#), creator of the Haines Solar Cookers.

Building international collaborations

SHE gave several **presentations on solar cooking** to various audiences, many potential partners:

- the American Scientific Affiliation, in July, with Paul Arveson focusing on lessons learned
- Rotary International’s Global Environmental Sustainability Rotary Action Group (ESRAG), in December, where Paul Arveson and Roger Haines presented on SHE’s solar cooking projects, Haines solar cooker advances, and a model solar cooker budget for refugees camp for 150 families.

SHE highlighted solar cooking to key persons in the clean cooking sector thanks to networking opportunities, notably a week-long conference in January hosted by ETHOS, a non-profit “supporting the clean cookstoves and clean cooking community” and the “Clean Cooking Week” conference hosted by the UN Foundation. Lastly, every year our website has thousands of visitors, and we answer dozens of inquiries.

What lies ahead for SHE

SHE has experienced many changes since global pandemic measures were taken in early 2020. With the adoption of the 100 Families Project, we even considered renaming the organization “*Sustainable Household Energy*,” as this project provides households with a variety of cooking solutions (Koko, ethanol, heat-retention, thermoses, and solar), and other ways to access energy (shared computer lab, sewing centers, etc.). In the end, we decided to **keep our focus on solar cooking, and continue complementing this little-known technology with many others**, as we have done consistently during SHE’s 24-year history.

As we enter a post-COVID-19 world, our field projects are opening back up. In Mexico, our social enterprise ambassadors in poor, **remote communities are starting to resume in-person solar cooking training** and demonstrations. Despite the setback caused by two years of social distancing, a growing number of organizations in Mexico and around the world are showing **interest in replicating the ambassador program** in their localities.

In East Africa, Roger Haines is planning three 10-person focus group projects in refugee camps **introducing a “pop-open” solar cooker, and a virtual training course for field project managers**, both currently under development, and garnering the attention of UNHCR and carbon credit companies.

In Washington, DC, our team of volunteers will once again enjoy solar cooking in the open air for passers-by, international development organization representatives, and many others, as part of the education tenet of our mission. Our research volunteers will continue supporting the advance of solar cooking technology, including testing and regulation.

COVID-19 threatened to extinguish SHE’s radiance, with many of our team members unable to continue their work due to social distancing requirements and family caretaking duties. But we are emerging from the tunnel with new tools and perspectives – a radically transparent donation model, the foundations for a low-cost yet effective virtual training course - **that will allow every dollar you donate to have a bigger, more verifiable impact.**

Partner with us!

Are you part of an organization helping low-income families in a sun-rich, fuel-poor country? We collaborate with partners working in areas such as women’s empowerment, poverty alleviation, environmental sustainability, clean cooking, and appropriate technology development, among others.

Thanks to our 20 years of expertise, extensive resources, and adaptability, we can tailor our services to your needs and your vision. These includes solar cookers at discounted rates, proposal development, in-person and virtual training, monitoring and evaluation, data analysis, multi-language direct communications with stakeholders, etc. A feasibility study introducing four types of solar cookers costs around \$2000. Please email sophie@she-inc.org for more information.

Our People

SHE is a small but productive organization with far-reaching impact, thanks to the combined experience, knowledge, and passion of its team members and dedicated volunteers.

We were joined by volunteer Richard Lennox Singh, who assisted with developing proposals and the field manager solar cooking training course.

Volunteer **Tom Sponheim** initiated and manages the “100 families project” (above). Tom Sponheim, who lives in Seattle, Washington, is the founder and an administrator of the Solar Cooking Wiki. Tom also spent a decade at Microsoft where he received numerous patents.

SHE has nine Board members. **Arline J. Lederman, Ph. D.**, has been engaged with solar cooking for more than twenty years. Previously, AJ served as a Board Member with Solar Cookers International, advocating for solar cooking at UN meetings. **Richard Stolz** began his association with Solar Household Energy in 2002. He served SHE in the roles of consultant, Executive Director, and Chief Operating Officer. **Odile Brock**, who joined the Board in 2019, brings her expertise in cooking, nutrition, and women’s issues from three decades of living overseas with the U.S. Department of State and her certificate in nutritional therapy. SHE Co-founder, Board member, and volunteer Director of Education **Louise Meyer** has been carrying out solar cooking education in Washington, DC for decades, and carried out field training for projects in Mexico and Haiti. SHE’s Board member and volunteer Director of Research **Paul Arveson** has been advancing solar cooking standards through his participation in International Standards Organization forums and carrying out research to optimize solar cookers and their testing. Board member **Roger Haines**, in addition to inventing promising new solar cookers, has been investing his own time and funds to bring solar cooking to refugees and low-income villagers in Kenya and Uganda. Board member **Margarita Battle**, a Mexico native, has been invaluable in SHE’s project to launch a social enterprise in Oaxaca, Mexico. **Janet Murphy**, a long-time volunteer of SHE who joined the Board in 2018, brings a wide network of environmentalists, and helps with promotional and administrative matters. **David Grossman**, after a career with the U.S. Agency for International Development, served as Director of Global Programs for the International City/County Management Association, and now leads Solar Household Energy’s Board of Directors.

SHE’s ongoing operations are carried out by a small team. As SHE’s Executive Director, **Sophie Brock Lyman**’s responsibilities include strategic development, project design and analysis, and partnership development. **John Nash** provides IT support and guidance. **Lynn Patton** is SHE’s bookkeeper. Volunteer **Esperanza Sanz** keeps the organization active on social media, particularly Facebook. Please find more information on the [SHE team on our website](#).

All of SHE’s Board members and its other volunteers have been paramount to fulfilling SHE’s mission, dedicating time, efforts, and personal funds to ensure the highest standards and results, for human development and environmental relief. We are deeply grateful for their service.

Join our team!

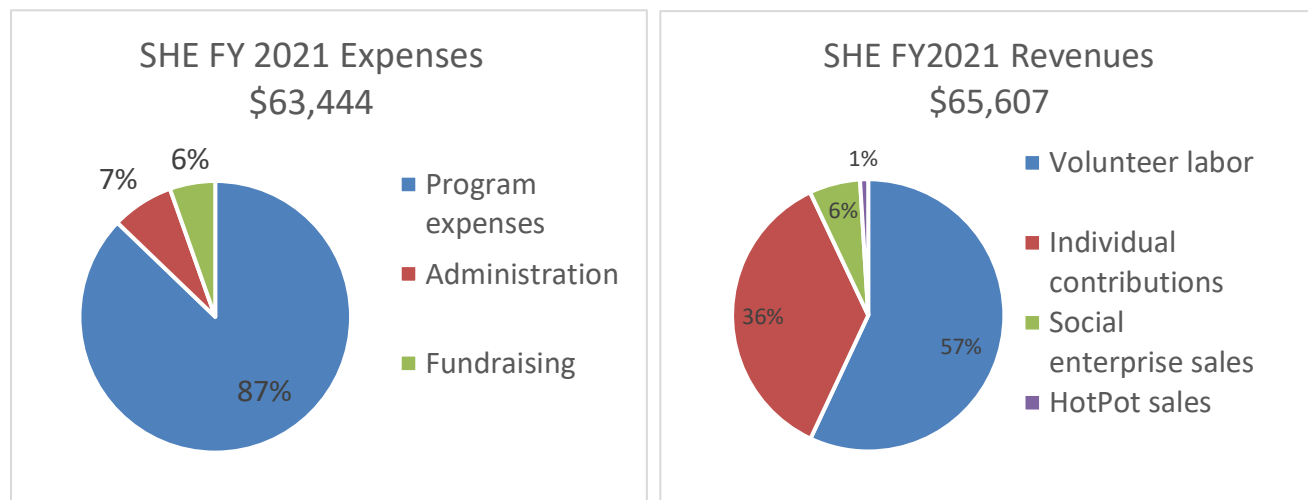
SHE is looking for a part-time program assistant to work with the Executive Director and Board members. We also have many volunteer opportunities, such as promoting solar cooking in your locality as a SHE ambassador. For more information, please check out our “[get involved](#)” page.

Committed to accountability and transparency



Solar Household Energy is a 501(c)(3) non-profit corporation and public charity. We are committed to accountability and transparency, and we are [Candid - GuideStar](#) Platinum certified. We also encourage inquiries about our finances and operations. All our board members and staff can be reached via email to: inquiries@she-inc.org

We will be happy to send you our 990 tax return upon request.



How you can support SHE!

Although volunteers play a vital role in our ongoing ability to carry out our mission, funds are required to conduct projects and manage operations. We welcome and encourage all financial support, large and small. Please consider making a tax-deductible contribution to SHE via:

- [PayPal or credit card](#) 
- Write a check to “Solar Household Energy” and send by mail to: 5 Lochness Ct., Rockville, MD 20850-2950, Attn: Richard Stolz.
- [AmazonSmile](#), for Solar Household Energy Inc 
- Buying a [HotPot](#) on our website.

Thank you for your interest and support for Solar Household Energy.

Please like us on Facebook, watch us YouTube, and check out our website: www.she-inc.org

