



Solar Household Energy

Solar cooking for Human Development and Environmental Relief

2019 Mother's Day appeal

Dear friends,

This Mother's Day, please consider giving the gift of solar cooking to mothers like Eva, featured below, to free them of the burden of cooking with dirty fuels on inefficient stoves.

Household air pollution from dirty cookstoves causes 4 million premature deaths per year, mainly from respiratory and cardiovascular diseases (World Health Organization). It is also the leading cause of blindness in developing countries, contributes to low birth weights, and causes half of all pneumonia deaths for children under 5. Burns from cooking fires can result in scarring, loss of movement, and accounts for an important percentage of burn-related deaths (Clean Cooking Alliance).



Your donations to SHE will allow mothers like Eva, featured in the video below, to cook with safe and healthy solar cookers, reducing toxic smoke exposure for themselves, the babies they carry while cooking, and their other family members.



Picture links to YouTube video. Eva, "Cocineros Solares" customer, interviewed by Lorena Harp, head of the Oaxacan social enterprise. Eva describes why she and her husband appreciate solar cooking.

Your generous contributions through [Network for Good](#) or [AmazonSmile](#) help mothers in Mexico and Haiti enjoy safe, healthy, fuel-free cooking. Thank you!

Sophie Lyman, Executive Director, and the SHE Team

Solar Household Energy is a GuideStar Gold-Star certified 501(c)3 non-profit.

www.she-inc.org



Donate to Solar Household Energy!



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Send a check to:

Solar Household Energy
c/o Richard Stolz
5 Lochness Ct.
Rockville, MD 20850-2950

What your contribution can provide:

\$40 = Training of a solar cooking ambassador in a rural Mexican village, and the means to effect change within their community.

\$75 = Three solar cooker kits for three families, and a smoke free environment.

\$150 = Four solar cookers and long-term follow-up for four families, and a means to self-sustainability.

\$500 = A month's worth of solar cooking social enterprise start-up costs, and enhanced capacity and livelihood.

For more information, please send inquiries to: inquiries@she-inc.org