



# Solar Household Energy

Solar cooking for Human Development and Environmental Relief

## 2022 Summer Newsletter

Dear friends,

Thanks to you, SHE continues to lift women and their families out of poverty as they harness solar cookers and other sustainable technologies. As dirty cookstove usage decreases, health improves, and deforestation and climate change are mitigated.

This beautiful [video](#) captures the inspiring stories of “Mujeres del Sol” – women of the sun – the solar cooking ambassadors of our enterprise in Mexico and their customers.



*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*

## Donate to Solar Household Energy!

Donate



### 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](mailto:inquiries@she-inc.org)*

**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.

**Find out more about these Women of the Sun in Mexico and East Africa, as well as our education and R&D programs in our 2021 Annual Report.**

Thank you for your continued support!

Sophie Lyman, Executive Director,  
and the SHE Team

[www.she-inc.org](http://www.she-inc.org)

Solar Household Energy is an Indeed-GuideStar Platinum Transparency certified 501(c)3 non-profit.

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**Candid.**

