



Solar Household Energy

Solar cooking for Human Development and Environmental Relief

2023 Earth Day Newsletter

Dear friends,

This Earth Day, we hope you enjoy the many blessings our beautiful planet has to offer, including sunshine for solar cooking!

Thanks to your contributions, women from poor rural communities around the world are cooking with sunshine to preserve their forests and mitigate climate change. Watch our video “Mujeres del Sol” to meet some of our champions in Oaxaca, Mexico.



Meet “[Mujeres del Sol](#),” “women of the sun” protecting the Earth by solar cooking. Video credit: [Bernardo Perez@cienegacine](#), Lorena Harp

Five years after our Oaxaca “solar cooker ambassador” program was launched in 2017, we carried out an evaluation on solar cooker adoption and impact. Our field project manager Lorena Harp interviewed 43 users over the phone or in person, who had acquired 61 solar cookers. Some of her interview videos are found on her Instagram page, such as this one of Apolonia: <https://www.instagram.com/reel/CmeoAZvoerm/>

Results are promising! On average, 38 users solar cooked 2.9 days per week with only 5 users excluded as their only solar cookers were gifted to friends, destroyed, or in disuse. They cooked foods such as meats, desserts and legumes (beans/lentils) that they used to cook for hours over fuelwood, increasing their carbon impact. Other data and comments are yielding important lessons learned for a more successful project continuation.

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 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.



Earth Day is also a wonderful day to teach younger generations to be stewards of the Earth. Enjoy this beautiful video of Lorena teaching solar cooking to high school students:

<https://www.instagram.com/reel/CmXnCR2D0u0/>

Left: High school students in Oaxaca learn how to tell if an egg is (solar) cooked – it spins! Photo credit: Lorena Harp

SHE is participating in the **Combined Federal Campaign**. If you are a federal employee or retiree, please consider donating to our organization, CFC code 32400!

You can also donate on SHE's website via [PayPal](#) to your favorite project – including:

- “100 Families” in Nairobi, Kenya
- Solar cooking for refugees in Kenya, Uganda, and Chad
- Building a solar cooking social enterprise in Oaxaca, Mexico
- Solar cooking education and advocacy
- Solar cooking research and development

In gratitude,

Sophie Lyman, Executive Director,
and the SHE Team

www.she-inc.org