



Solar Household Energy

Solar cooking for Human Development and Environmental Relief

2023 Giving Tuesday Appeal and Newsletter

Dear Friends,

[Please donate \\$20 to give a family a solar cooker in Oaxaca, Mexico!](#)

In Oaxaca, a majority of low-income women cook using firewood or charcoal. The smoke from these fuels is detrimental to their families' health, sourcing them causes deforestation, and buying them is a significant expense for these families. Solar cooking is a clean, carbon-free solution that also saves time, frees women from wood-gathering expeditions, and adds baking and dehydrating to the families' food preparation and preservation options. Our [5-year evaluation](#) showed that the poorest women are the most enthusiastic and frequent users of solar cookers. In addition to the daily fares of rice, beans, lentils, and potatoes, the cooker allows them to bake bread and cakes or dehydrate peppers and fruits, which aren't possible on wood fires. Please watch our videos capturing the women and children's enthusiasm - "[Mujeres del Sol](#)" and "[Living on the Edge.](#)"



Click on the above picture to watch our 3-minute video "Living on the edge," which introduces our Zaachila community solar cooker beneficiaries living on the edge of the Oaxaca municipal garbage dump. Video credit: Bernardo Perez@cienegacine, Lorena

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:

- Solar cookers for poor rural communities in Oaxaca, Mexico
- "100 Families" in Nairobi, Kenya
- Solar cookers for refugees in Kenya, Uganda, and Chad
- Solar cooking education and advocacy
- Solar cooking research and development

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.

In gratitude,

A handwritten signature in black ink, appearing to read 'S Lyman', written in a cursive style.

Sophie Lyman, Executive Director,
and the SHE Team

www.she-inc.org