



# Solar Household Energy

Solar cooking for Human Development and Environmental Relief

## Spring 2025 Newsletter

Dear Friends,

As summer approaches and the sun comes out, we look to the future of solar cooking with hope, and reflect back on 2024 with gratitude for your support throughout the years. Thanks to you, women in Mexico, Haiti and East Africa are living healthier, more productive lives by cooking more of their food with free solar energy rather than costly, dirty fuels; while protecting their environment and natural resources.

In Mexico, our field project manager Lorena Harp, with over 20 years of solar cooking expertise, continues to bring solar cooking to rural communities of mainly indigenous peoples. In 2024, SHE supported her efforts through a stipend and grants for solar cookers and accessories, and collaborated with Lorena on two larger solar cooker projects.



Canal 13 Television News Report about SHE's project with Red Clay Artisans in Tlapazola, Oaxaca.  
Video credit: Canal 13, Mexico

**Mujeres del Barro Rojo Solar Cooking Project** - In February, SHE wrapped up a project to donate 40 Haines solar cookers to the "Mujeres del Barro Rojo," or "Women of the Red Clay," a cooperative in the rural community of San Marcos Tlapazola, where women practice traditional Oaxacan methods to handmade artisanal clay ceramics which have become sought-after the world over. Thanks to funding from the US-based Cashmere (WA) Rotary Club, and solar cooker donations by Haines LLC, Lorena worked closely with Oaxaca's Guelaguetza Women's Rotary Club to distribute these 40 solar cookers and carry out training and evaluation. Surveys applied in early 2024 to assess solar cooker usage frequency showed an average solar cooker usage of 1.2 times per

## 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.

week. To uncover the reasons behind low usage, Lorena visited beneficiaries in their homes and found that many of them were deaf-mute, which had limited their comprehension of past training sessions. Lorena was able to redress this situation, with the beneficiaries' household members translating her in-home training, and learning to solar cook themselves in the process. Thanks to Lorena's diligent and caring follow-up with beneficiaries, dozens more were trained in solar cooking, and solar cooker usage was increased. More funding is needed to carry out a one-year evaluation to quantify this improved usage. Find out more [here](#). Watch local news television coverage [here](#).

*For more information,  
please send inquiries to:  
[inquiries@she-inc.org](mailto:inquiries@she-inc.org)*



*Video summary of the 2024 Queretaro Solar Cooking Project with the Queretaro Food Bank and Caritas.  
Video credit: SHE, Margarita Battle, Lorena Harp*

**[Queretaro Solar Cooking Project with Food Bank and Caritas](#)** - Our biggest project in 2024 was spearheaded by Lorena Harp and SHE Board member Margarita Battle in Margarita's home state of Queretaro, in partnership with the Queretaro branches of Caritas International and the Mexican Food Bank Network. Funding was provided by five Rotary Clubs in British Columbia, Ontario and Washington State. This project added a solar cooking component to an existing collaboration in which the Food Bank provided food at one-tenth its regular cost to low-income households, and Caritas helped deliver it to households in rural communities. Adding solar cookers to food deliveries was a natural next step, to allow households to save not only on food costs, but on food cooking costs and fuelwood collection time. 30 Haines Pop Open solar cookers were delivered, with 18 going to the rural Agua Fria community where people cook mainly with fuelwood, 7 low-income Food Bank food packing volunteers (who work in exchange for food assistance), and 5 staff members of the Food Bank, Caritas, and the local Rotary Club, so they were equipped to continue training efforts after Lorena's main training workshops in March. Evaluation results from surveys carried out in July for the Agua Fria beneficiaries showed an average solar cooker usage of 3.5 times per week, and an average savings of 5.4 hours per week for time spent on fuelwood collection and kitchen work. 22 out of 24 beneficiaries said they would buy another solar cooker if given the opportunity. Watch a video summarizing this project [here](#).

Stay tuned for our next newsletter with updates and a video about this Queretaro project!

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

In gratitude,



Sophie Lyman, Executive Director,  
and the SHE Team

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