



Solar Household Energy, Inc.

Solar Cooking for Human Development and Environmental Relief

Spring Quarterly Newsletter 2009

Dear friends and supporters of SHE, Inc.,

Solar cooking is steadily moving in from the sidelines of discussions about strategies to reduce deadly indoor air pollution and environmentally devastating deforestation. It is now gaining serious attention as an important part of the solution, as evidenced most recently by its prominence at two conferences held in India last winter, reported below by Pat McArdle, the new chair of our board of directors.



A massive solar cooking demonstration in Coahuila, Mexico recently showcased the HotPot solar oven. Read story below.

In addition, the life-saving benefits of solar cooking are being made known to a broader audience through articles like the one recently published in Parade Magazine. We include a link to the full article in this newsletter.

Meanwhile, our own efforts continue to grow. And as awareness of the benefits of solar cooking becomes widely known and publicized, we expect a wonderful convergence of knowledge and support which will make our vision of solar cooking becoming a significant means of cooking in developing countries a reality.

Thank you for your support and for spreading the word!

Marie-Ange Binagwaho
Executive Director

Solar cooking promotion efforts growing in Central America

In November 2008, Solar Household Energy joined with eight Salvadoran NGOs to launch the El Salvador Solar Cooking Initiative, Year Three. We conducted 12 training sessions with over 300 women, using HotPot solar ovens. All the women were impressed with the HotPot's performance, and eager to begin using the device in their homes. (To read more about our projects in Central America [click here](#).) To view the locations of our current projects in El Salvador, [click here](#))

New solar cooks gaining experience in Senegal

One thousand HotPot solar ovens have been in use for the past year in the region of Thies, Senegal. Their owners are participants in a two-year 2,000 solar cooking training effort in 20 small villages. ([Click here](#) to read more about our projects in West Africa.)

Solar cooking films at Environmental Film Festival March 20

Solar Household Energy and Solar Cookers International are presenting films about solar cooking projects in [Zambia](#), [Somalia](#), [Madagascar](#), [Ghana](#) and [Benin](#). The films are part of the Washington, D.C.'s annual [Environmental Film Festival](#), and will be screened Friday March 20th at noon at the Charles Sumner School Museum and Archives. Louise Meyer, SHE's Outreach Coordinator, and Pat McArdle, Chair of the Board of Directors, Solar Household Energy and a member of the board of Solar Cookers International, will discuss the films after the screening. ([Click here](#) to read more about the films on the Environmental Film Festival's Web site.)

Huge solar cooking demo in Coahuila, Mexico

Mexico's Federal Government Department of Social Services SEDESOL helped launch the biggest solar cooking demonstration to date in Coahuila, Mexico. On November 28, 2008 120 HotPot solar ovens cooked lunch in Torreon's Ecological Park. Torreon's Mayor who was present acknowledged that "Torreon has 300 days of sunshine." (see photo above)

SHE gains environmental expert for its board of directors

Dorothy C. Zbicz, Ph.D., has joined SHE Inc.'s board of directors. Dr. Zbicz is an international environmental and marine policy consultant based in Arlington, Va. She assists environmental nonprofits and other organizations with international policy analysis, policy and strategy development, trends analysis and other tasks. She has worked with leading international environmental organizations including the World Wildlife Fund, the Nature Conservancy, Conservation International, as well as USAID, the Woodrow Wilson Center and others.

Dr. Zbicz has previously worked at the U.S. State Department in environmental affairs and in refugee programs, and has also served as liaison between NGOs and governments and international organizations. Her Ph.D. from Duke University is in International Environmental Policy and Law, and her M.A. in International Affairs is from George Washington University.

SHE establishes new board of advisors

Solar Household Energy has created a Board of Advisors to lend knowledge and expertise in our efforts to promote solar cooking. (To read about our Board of Advisors [click here](#))

Solar cooking highlighted in Parade Magazine

In its March 1 issue, Parade Magazine published an article describing the use of solar cookers in refugee camps in Chad. One survey cited in the article indicated that journeys to collect firewood outside the camps has dropped 86% after the solar cookers were made available. ([Click here](#) to read the article.)

The World Wildlife Fund Nepal conducts trainings with HotPot

Pat McArdle, the chair of SHE's board of directors, recently traveled to Nepal to assist in a solar cooking training effort. More than 500 HotPot solar ovens are being distributed in Nepal by the WWF to provide villagers in Langtang National Park with a means to cook without harvesting protected trees. (To read about Ms. McArdle's visit [click here](#).)

Solar cooking's potential highlighted at recent conferences in India

Two conferences held this winter in India highlighted the importance of solar cooking in reducing indoor air pollution, deforestation, black carbon and the danger faced by women who must forage for wood. SHE Board Chair Pat McArdle spoke at both events. (For details [click here](#).)

Partnership for Clean Indoor Air Forum in Uganda

SHE will be participating in the upcoming 4th Biennial Partnership for Clean Indoor Air Forum in Kampala, Uganda March 23-28, 2009. More than 200 household energy and health practitioners will share the latest developments in technologies, fuels, monitoring and evaluation, commercialization, carbon financing, awareness raising, and research; and make new commitments to reduce exposure to indoor air pollution from cooking and heating practices. (To learn more [click here](#).)

Try this squash recipe in your solar oven!

From late spring to early fall, climate zones beyond the tropics can be ideal for solar cooking, saving time and money. A quick and easy item to cook in a solar oven (including the HotPot) is a simple squash casserole, as described in the recipe below. [More recipes](#) are available at Solar Cookers International's website.

Squash Casserole

Ingredients:

1/2 stick of butter, melted
2.5 lbs butternut squash, peeled and cut into 1/4 inch pieces
1/4 cup maple syrup
1/2 onion, chopped
1/2 cup orange juice
1/2 tsp cinnamon

Directions:

Place the butter, onion, squash and orange juice in a HotPot. Cook for two hours. Add the cinnamon and maple syrup. Transfer to a non-scratchable bowl. Using a potato masher, mash the ingredients. Mix until smooth and serve warm.

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