



## Solar Household Energy

Solar cooking for Human Development and Environmental Relief

### *Summer 2024 Newsletter*

Dear Friends,

We invite you to join us on **Saturday, June 22**, from 1-3 PM at the Rockville Town Square for the Rockville Global Bites Festival! The Rockville Global Bites Festival is a splendid opportunity to taste diverse dishes from local restaurants and vendors while enjoying cultural performances. We will be there with our Haines solar cookers baking brownies. This is a wonderful chance to learn more about solar cooking, witness solar cooking in action, and have delectable brownies! Learn more at: <https://explorerockville.org/global-bites-fest/>



### **Solar Cooking Awareness Week June 23rd - June 30th**

Meet us at the National Mall on **Saturday, June 29**, from 11 AM—2 PM for a **Solar Cookout** to celebrate Solar Cooking Awareness Week! We will be cooking an assortment of our favorite solar snacks. Solar cooking improves health, boosts economies, creates a greener environment, and more. Come out with friends, families, and colleagues to learn more about solar cooking while enjoying solar-cooked foods! Email [sophie@she-inc.org](mailto:sophie@she-inc.org) to learn more.

### **Solar Cooker Workshop in Eldoret**

In September of 2022, a workshop was conducted in Eldoret, Kenya, which included seven days of training with materials provided by Haines Solar Cookers. The training gave each of the twenty participants a training manual and workbook filled with illustrations and an explanation of the science behind solar cooking. Participants spent each day using groceries purchased at the local market each morning. Participants cooked various types of food such as cake, bread, beans, meats, and various traditional dishes. Each day covered a

## 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 trainer/distributor (ambassador) in a rural village, and the means to effect change within their community.

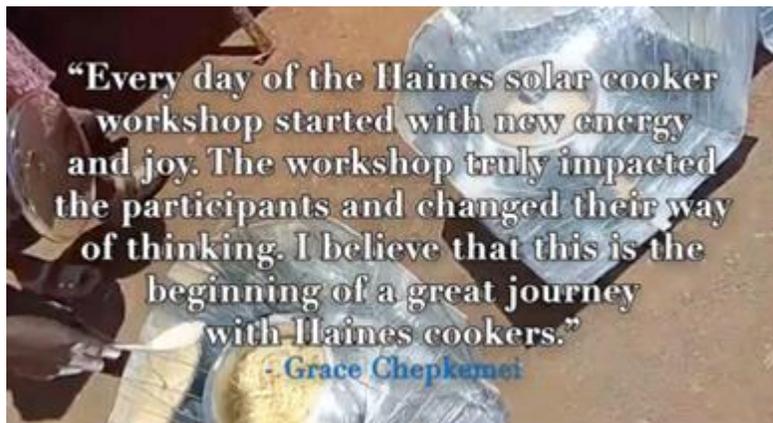
**\$75** = Three solar cooker kits for three families, and a smoke-free environment.

**\$150** = Four solar cooker kits and long-term follow-up for four families, and a means to self-sustainability.

**\$500** = A month's worth of solar cooking social enterprise costs, and enhanced capacity and livelihood.

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

different aspect of learning about solar cooking. A WhatsApp group was also created at the end for the participants to share their solar cooking photos, answer questions, and offer encouragement. At the end of the cooking workshop, the participants thought the cooking that had been cooked using solar tasted better than food cooked using fire. This showed that the Haines Solar Cookers can be made by the participants with the materials that were provided, and that solar energy can be used to cook a variety of food such as cakes and bread.



Watch this video about the Haines Solar Cooking Workshop in Eldoret:  
<https://www.youtube.com/watch?v=tMpTPjOwE7A>

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

Thank you for your continued support!



Sophie Lyman, Executive Director, and the SHE team  
Solar Household Energy is a GuideStar Platinum-Star certified 501(c)3 non-profit. [www.she-inc.org](http://www.she-inc.org)