

Post Workshop Data, June 02 – July 21, 2022 (Days 1 – 50)

Obtained through WhatsApp group reporting. Compiled by Solar Education Project

Trainees	# of times solar cooking was reported	How many people are you cooking for?
Binwa B.	2	11
Esther M.	3	2 - 3
Joyce K.	0	-
Martha K.	9	6
Mlasi A.	29	5 - 6
Mlebinge K.	3	3 - 8
Oria L.	1	-
Riziki R.	11	5 - 9
Sella K.	4	3
Thereza K.	0	-
Veronique M.	12	5 - 7
TOTAL	74	Up to 53

Only two women did not report using the oven at all. Some women stated difficulty reporting as they do not have phones, or they were having phone issues. The YEDA manager reported for some of the women. There may be times when women cooked but could not report. We currently do not know if or how much phone issues interfered with reporting.

Given the challenges, it is remarkable that the women continue to be engaged fifty days out from the workshop. There was a period of little to no reporting as the group sorted out its differences. During that time, we continued to encourage solar cooking and sharing of results. We communicated directly to the women to ask that they encourage the group to begin cooking and reporting. Reporting rebounded some. It increased significantly following a meeting at YEDA where the women were invited to come and receive the larger Pop-Open Haines oven. This

may be an indication that continued regular meetings could serve to motivate and encourage the women to cook and report. We have discussed that the officers could organize scheduled meetings with the women. Some support may be necessary in the form of a small stipend for attendance and follow up reporting. Meetings could help encourage more frequent solar cooking, expand the recipes and types of foods prepared, and promote cohesion within this new solar cooking community.

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Foods cooked	Number of times	Solar (S) Basket (B)
Ndizi / Bananas	2	
Mchele / Rice	24	S
Ugali / Porridge	3	S
Tambi / Spaghetti	3	S
Sukuma Wiki / Collard Greens	10	S, S/B
Viazi / Potatoes (often with tomato)	13	S
Nyama / Meat	4	S
Mayai / Eggs	1	S
Chai / Tea	6	S
Kabichi / Cabbage	3	S
Mkia w ng'ombe / Ox Tail	1	S
Terere / Amaranthus	1	S
Beans or Lentils	2	S
Murere / (Local Plant - leaf and fruit)	1	S
Omena / Fish	2	S, S/B
Chai Yamaziwa / Milk Tea	1	S

Of the women who did report, seventy-four meals consisting of sixteen different types of recipes or dishes have been prepared to date. The women report cooking for anywhere from 2 to 11 people. The nine women who report solar cooking at home have introduced this method, by their example, to fifty-three other people. These people, both children and adults, have had the opportunity to see and taste solar cooked food first-hand. The three most frequently cooked foods are rice, potatoes, and Sukuma wiki. These dishes included other ingredients but were listed by the main ingredient only. For example, the potatoes were cooked with tomatoes. The rice was sometimes cooked with other ingredients such as vegetables mixed in. Other times, the rice was plain.

The traditional dish, ugali, has only been cooked three times. The instructor reports that ugali is easy to solar cook and has the same taste and texture as ugali cooked by traditional means. Perhaps more emphasis or practice is needed during training.

No baking of breads or cakes was done at the workshop. No one is baking with their ovens. This is a missed opportunity. Solar baking is a positive feature of the oven.

Dry beans, a staple food, was only cooked two times. Beans cook nicely in the Retained Heat Basket. It is an easy and convenient method that the women should be encouraged to utilize in addition to the solar cooker as part of an integrated approach.