

Guidelines for Solar Cooking Classes

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SOLAR COOKING FOUNDATION the NETHERLANDS

Preparation for Solar Cookit Class

- ❑ The cooking group is not bigger than max 20-25 women
- ❑ Arrange with the women: water, knives, cutting boards, buckets.
- ❑ Make appointment with women about the hours for the cooking class
- ❑ In how many cookits will be cooked;
- ❑ Agree with the women which food will be cooked;
- ❑ Arrange the food
- ❑ Take always with you: some plastic bags, 10 clothes pins, some elastic band, 5x cookit instruction. and some yellow Cookit flyers.

The Solar Cooking Class

- ❑ Start the solar cooking class with preparing all the food and putting the food into the pans/dish cookits- at 9.30 –10.00 am
- ❑ Pay attention to: amount of water, use of flat stones under the dish/pan, put always stones on the sides, binding the plastic bag, sun, protect from wind but in the sun;
- ❑ During the cooking start always speaking about:
 - the time the food will be ready (see cookit instruction);
 - preparation of other daily foods
 - experiences of women in using the cookit at home
 - stimulate them to use the cookit more; do they want another or new cookit;
 - discuss all the problems; if you don't know the answer, write it down and ask supervisor or coordinator;
 - After cooking: eating and discuss quality of the food.
 - Ask which women want to buy Cookitset.
 - Write report.

Subjects to discuss with the women in monthly cooking class

Solar cooking class 1:

- ❖ **Change habits in daily cooking; tast of the food made in cookit**
Reactions of husband, children, neighbours
Which problems do women experience by cooking in the cookit? How to solve these problems?
How many women are cooking now daily in the cookit?
Stimulate women to do more.

Solar cooking class 2:

- ❖ **Family: how many persons; food they eat;**
Food for baby's in the cookit. healthy water for baby in the cookit
Which problems do women experience?

Solar cooking class 3:

- ❖ **Cooking traditional food in the cookit.**
Arrange cooking shiro (is possible in Cookit!)

**What is traditional food in this village?
What is the difference cooking this food on fire wood?
What is not possible to cook in the cookit, why not? Did women try?**

- ❖ **Solar cooking class 4:**
 - Use of the haybasket for rice, lentils, other.....**
 - Stimulate women to make insulated basket or make this together**
 - Talk about repairing the cookitsheet when damaged;**
 - Talk about repairing plastic bag when damaged.**
 - How to protect cookit from goats; and from little children**
 - What problems do the women talk about?**

- ❖ **Solar cooking class 5:**
 - How many women are using the cooking now and how many times weekly?**
 - Do they save time? If so, how much time?**
 - Or in case of buying wood: do they save money: if so, how much per month?**
 - Stimulate women to buy a second cookitset.**
 - Discuss cooking in cookit 2 times daily.**
 - Is it possible to pay in installments?**
 - Which problems do the women talk about?**

- ❖ **Solar cooking class 6:**
 - What is opinion of women about the use of the cookit now?**
 - Which problems do they experience?**
 - Do they want to go on with solar cooking class?**
 - If so, make a list of points they want to talk about**
 - Make list of food they want to cook in classes.**

March 2007

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