

Cooking with the sun as a source of energy: a solution for Africa! Millions of people cook daily with wood. Consequences:

Large-scale deforestation and no replanting

Erosion of fertile soil

Lung diseases and child mortality due to smoke emission

Women and children gather wood for 4 hours a day in areas that are frequently unsafe

Half of the monthly income is spent on the purchase of wood

Cooking with the sun, a sustainable alternative by using CookKit and hay basket:

Daily food is stewed in the CookKit

Water is pasteurised in the CookKit

Cooking with the CookKit and hay basket is safe

Cooking with the sun saves wood, time and money and reduces CO2 emissions

CookKits and hay baskets are handmade in local workshops

The position of women is improved: they earn money and participate in the local economy

High temperature solar cooking appliances for baking and roasting are being developed

A sun kitchen is being developed: including CookKit, hay basket, parabolic reflector, wood-saving stove

Solar Cooking contributes to five out of the eight UN Millennium Development Goals

More than just the CookKit, an integrated approach

The CookKit is one of the simplest and cheapest solar cooking appliances, in which rice, pasta, lentils, chicken, goat, vegetables and baby food can be prepared and, equally important, water can be pasteurized. The CookKit is made from cardboard, lined with aluminium foil. A lightweight 4 litre, dull black painted pan is placed in the CookKit, in a heat resistant plastic bag. In bright sunlight the food is ready within 2 – 3 hours. In addition to the CookKit and Solar Box (a more expensive version) a hay basket is used for further cooking. On cloudy or rainy days, a wood-saving cooking appliance can save up to 70% of firewood. In the future waste products from jatropha (an oil producing nut) will also be used as cooking fuel.

Small businesses, local organisations and financial independence

Solar cooking projects are carried out by local organisations in Uganda, Ethiopia and Somalia/Puntland. They arrange training and initiate local manufacture. Sale at cost is a prerequisite for sustainable project development and financial independence. Microcredit programmes play a very important role in this respect. These private initiatives result in the development of small businesses, which in turn strengthens the local economy.

Solar Cooking works with long-term plans

Solar cooking requires a culture change and cooking habits adjustment. It is important that there is local support for these new cooking methods. A well-thought-out long-term programme includes information, female instructor training, solar cooking lessons, evaluation and local manufacture. Thousands of families have already moved to cooking with the sun. It is extremely important to create support in the project country focused on expansion, public education and the securing of local subsidies. By reducing greenhouse gases CO2, Solar Cooking projects qualify for fair climate fund exchanges.

download brochure: [Using the power of the sun for cooking](#)