

Solar Cooking

The sustainable way to cook

Half the inhabitants of Earth cook over wood fires. Nearly half the world's wood supply is used as fuel. But there's not enough of it to go round. More than 2 billion people now face shortages of fuel wood.



It's a complex problem, like all environmental problems. But there's one simple answer, that can save millions of trees, provide clean, safe drinking water, doesn't smoke, and costs very little-SOLAR COOKERS!

Research has found that 36% of the world's fuel wood needs (or 350 million tonnes of wood per year, according to UNICEF) could be replaced by solar cookers, saving 500 kg of wood per family per year, equalling millions of trees.



Climate Change

Every time you cook food using electricity, natural gas, propane or wood, you release polluting greenhouse gasses into the atmosphere. **SOLAR COOKING EMITS ZERO CO2 OR OTHER GREENHOUSE GASES.** It's the sustainable way to cook.

Peak Oil

Petroleum geologists all agree that the Earth's reserves of oil and gas are finite, and that eventually they will reach a point of peak production, then decline. **SOLAR COOKING USES NO FOSSIL FUELS**, and produces the same results when the sun shines.



Health

Wood smoke from cooking fires causes respiratory infections which kill at least 5 million young children each year.

SOLAR COOKED FOOD IS HEALTHIER and often tastier than food cooked by other means. Nutrients stay in the food, and you never need to worry about burning food. Because there is no smoke, cooks don't need to worry about inhaling toxic, unhealthy smoke from charcoal barbecues or cook fires.



Indoor smoke pollution now ranks 8th in health burdens worldwide (lost years of healthy life), and ranks fourth in the "least-developed" countries (which make up about 40% of the world population) according to the World Health Organization's World Health Report 2002. <http://www.who.int/whr/en>

Deforestation

FORESTS IN DEVELOPING COUNTRIES ARE SHRINKING BY MORE THAN 15 MILLION HECTARES A YEAR. The critical forest-to-people ratio has never been lower -- worldwide, it is now less than half what it was in 1960.

The obvious answers are to plant more trees, and to stop people burning the trees that are left. But those in need do not have access to alternative fuels, and reforestation schemes take years to produce their harvest - if they work at all, which they often don't.



Solar cookers have helped people in the developing world save their remaining forests. **SOME THREE BILLION PEOPLE RELY ON FIREWOOD FOR THEIR COOKING.** This simply cannot continue if the global environment is to be preserved and human populations sustained.

Empowering Women and the Poor

In many developing nations, families spend a far too large percentage of their incomes on fire wood and charcoal for cooking fires. **The burden of gathering wood and making charcoal often falls on women**, whose health is damaged from smoke, and whose income and time are drained in the quest for fuel.



SOLAR COOKING EMPOWERS WOMEN IN DEVELOPING COUNTRIES, BY FREEING THEIR TIME FOR OTHER ACTIVITIES, AND IMPROVING THEIR PHYSICAL AND FINANCIAL HEALTH.

-- "Women and children are most exposed to high levels of harmful smoke and suffer the most serious health damage ... studies in China found that smoke was a strong risk factor for lung cancer among non-smoking women ... in Gambia it was found that girls aged under five carried on their mother's back during cooking (in smoky cooking huts) had a six times higher risk of lung cancer -- a substantially higher risk factor than if their parents smoked." (From "Cooking smoke: a pervasive killer in developing countries" WIN News, 1 January 1998) <http://www.solarcooking.org/cookingsmoke>.



Solar Cooking Uses Free Fuel

When you cook with electricity, gas, wood or propane, you pay hard earned money for the fuel that you use, while much of the energy in the fuel gets wasted as heat in your kitchen or outside. With solar cooking, **YOUR FUEL IS THE FREE ENERGY OF THE SUN**, which has never to our knowledge sent a bill, and never will.



DONATE A SOLAR COOKER TO SOMEONE IN NEED.

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