

# Everybody Wins With Solar Cooking!

Approximately two and a half billion people rely on wood and charcoal for cooking fuel. Cooking fires in the world today consume an estimated one billion cubic meters of wood or biomass annually, which produces an estimated one billion metric tons of carbon dioxide. Biofuel cooking and biomass burning contribute as much as 70% to global warming. In addition, soot has well-documented detrimental effects on human health, agricultural productivity, and water budgets at local, regional and global levels.

Indoor pollution from smoky fires is one of the leading causes of death in developing nations. Many more people die from contaminated water that could be easily and efficiently pasteurized using solar energy.

Solar cooking technology saves. It saves time, it saves energy, it saves trees, it saves children, it saves lives. It could help to save our ability to survive on this planet. Solar cooking provides. Provides the ability to cook more nutritious foods, such as beans and pulses instead of fast-cooking starches. Provides girls with a chance to go to school, women with more time and energy to improve their lives. Provides food that tastes better and is more nutritious. Provides medical-grade sterilization in remote locations. Provides safe food and milk and water. Solar cookers and solar cooking can contribute to all eight of the United Nations Millennium Development Goals.

For those of us in developed parts of the world, solar cooking is a big win too. The infinitely renewable power of the sun is the cleanest, greenest way to cook, whenever possible. It saves energy and helps to prevent pollution whether you normally cook with wood or gas or grid power. The food tastes better and is better for you. Your kitchen will stay cooler in the summertime, and if you are paying to air-condition your home, you'll save double when you learn to cook with sunshine. You can help make the planet greener while demonstrating to the developing nations that this is not just another cast-off technology from the folks who brought them DDT.

## **When we cook with sunshine, everybody wins!**

### **You Can Help!**

To learn to cook with sunshine, go to: <http://solarcooking.wikia.com>

Solar Household Energy: <http://she-inc.org>

Solar Cookers International: <http://solarcookers.org>

Integrated Solar Cooking: <http://www.solarcooking.wikia.com/icm>