

2009

# Solar Cooking at Ahfad Women University Sudan

Training the students of the Rural Outreach Department at the Ahfad Women University. Making the solar cooker out of local cardboard and strengthening the weak areas of the cooker with recycled plastic cell phone cards.



Setting up the cookers for public demonstration to cook food. We answered lots of questions from those passing by. We had lots of fun cooking and eating the food.



**The CookKit**



Eating the food is always lots of fun and so is getting your picture taken!!

**Left: Steve and Ishmael**  
Ishmael's daughter goes to the Ahfad University. He has been training some of the staff and students at the university in solar cooking this past year. Steve brought him a new style of solar cooker to try out that has a glass lid and a folds up like a suitcase.



Ishmael plans to use the simple cardboard "CookKit" models shown above in West Darfur and Nuba Mountains of Sudan. As he travels there every few months he will promote solar cooking along with his other business. Solar Clutch makes durable plastic models of this cooker style for Ishmael to take with him on his trips. If you would like more information on how to help the people of Sudan, especially those displaced in Darfur, please feel free to contact us.

**The SunScoop**

