

## WHY SOLAR COOKING

For people who are fortunate enough to have gas or electric stoves in their homes the choice to use solar power is just a choice. For them the convenience and environmental benefits of solar cooking devices.

But for billions of people around the world who cook over fires fueled by wood or dung & who walk miles to collect firewood or spend much of their meager income on fuel, solar cooking is less of a choice but a blessing. This is especially true for millions of people who lack access to safe drinking water and become sick or die each year from preventable waterborne illnesses. For them solar pasteurization is a life-saving technology. There are numerous advantages to cooking with the sun.

### THE SOLAR COOKIT

- Feeds a family of four
- Cooks meats, Vegetables
- Slow cooking preserves nutrients
- Safe for children-no flames or smoke



Eagerly awaiting the Rice

AHEAD, INC. (Adventure in Health, Education & Agricultural Development) is an International non-profit, non-governmental, self-help organization whose mission is to combat disease & poverty. AHEAD works with local governments & community leaders to morbidity & empower communities to be more productive & maternal health care, health education, family spacing & prevention of HIV/AIDS.

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PIA (**P**resident's **I**nternational **A**ward) is an International organization based in the Gambia whose Mission is too train youth in vocational, social, & recreational skills. They operate skill centers & area active in high schools throughout The Gambia.  
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## SOLAR COOKING OR TILO TABIRO



Women of Foni Kanlagi



Construction a Cooker

## SOLAR COOKING

Solar cooking is method of cooking in which aluminum foil coated panels concentrate the rays of the sun onto a black pot containing food. There are three types cookers-panel, box and curved concentrator.



Panel cooker in use

Black or dark colored pots absorb sun light which is converted to heat. The temperatures reached are high enough to cook most foods and to purify contaminated water. Water borne organisms are killed at these temperatures so the incidence of diarrhea will be reduced. The technology is easily learned & the materials needed for construction are available locally. Construction of the devices is relatively easy & maybe taught in 1-2 sessions. The benefits to the women are less time spent over a smoky fire, less time trekking for wood & a savings money spent for fire wood.

## TILO TABIRO

Tilo Tabiro (Sun Cooking) is a group of women in The Gambia who have been trained in the principles, construction & use of panel cooker. The cooperative formed serves as a training base for other women & as a means of spreading the word about solar cooking. It is also a social outlet for the women who exchange ideas, encourage one another one another and try new dishes.



Rice & meal from a cooker



Mr. Gee eating Rice from a cooker



Adama, demonstrating Box Cooker



Saikou & the trainees