

ST. JOSEPH SOLAR COOKING CHAMPIONS

ELDORET NATIONAL SHOW REPORT

March 1 - 4, 2023

Eldoret, Kenya

SUMMARY

St Joseph Solar cooking Champions participated in Eldoret National Show. The National Show is under The Agricultural Society of Kenya (ASK). This is an annual event, and it happens in various cities of Kenya on different times of the year. After several constructive discussions with our Sister Partners Solar Education Project and Haines Solar cookers. We eventually agreed that St Joseph can participate in the National show to exhibit and showcase Solar and Heat Retention cooking. Cookers on point were Haines Solar cookers which were majorly used to cook various types of food at the show. We had one solar Box cooker and fireless baskets.

The activity started on 28th, this was a pre-show day, whereby one had to identify the space and set-up before the real day. We set up with Francis and Abraham to avoid the space being allocated to someone else. This also helped to choose a space with a lot of sunshine.

This was an amazing exhibition. Our utmost gratitude to Roger Haines for the great support he extended to us without which we would not have made it. Furthermore, our gratitude to Solar Education Project for supporting and planning with us the whole event. Solar Education played a great role in putting all the documentation together and supporting us in all ways possible. Thank you so much Mary and Jennifer.

I would like to thank all St Joseph Committee Members who volunteered, and more so Fr Sospeter, who besides his busy schedule found time to be with us at the exhibition. The committee played a great role on day to day Basis. Before we closed for the day, they did all the cleaning and planned products for the next day. Volunteers had to come early morning to set up the cookers, prepare the food and place it in cookers before getting into the big job of explaining and demonstrating all about solar cooking. We talked the whole day, demonstrating, giving people food to taste, and distributing our brochures and directing them to sign our visitors' book. We had to explain a lot about the DARE Method which helped people understand how the Sun works in cooking food. We had earlier underestimated the work involved the first day. It taught us that this was a great job. Thanks to everyone for volunteering to make this event a success.

VOLUNTEERS PRESENT, FOOD COOKED, AND REMARKS

DAY	FOOD COOKED	REMARKS
DAY 1: WEDNESDAY 1st March, 2023 Exhibitors:	3 Cakes, Spinach, Sukuma Wiki (Kales), Pumpkin Leaves, Ground Nuts, Meat, Boiled Eggs	A total of 11 cookers were used. All the food cooked well. A lot of tasting took place, students enjoyed tasting

Francis Boniface Esther Grace Abraham Nicholas		cakes. They would go and come back to check if the cakes were ready. We had approx. 700 people viewing what we were cooking. No food was transferred to the fireless basket.
DAY TWO: THURSDAY 2nd March, 2023 Exhibitors: Fr. Sospeter Grace Abraham Francis Esther Boniface	Ugali, Eggs, 3 Cakes, Meat, Cabbage, Pumpkin Leaves, Managu, Potatoes	10 cookers were used. People were so amazed that the sun can be used to cook food. So many students again flocked to our stand, many people tasted the food we had cooked. Approx. 1000 people came
DAY THREE: FRIDAY 3rd March 2023. Exhibitors: Fr. Sospeter Francis Grace Esther Boniface Abraham	Ground Nuts, 4 Cakes, Sukuma Wiki, Noodles, Rice, Spinach, Boiled Eggs, Bread	11 cookers were used as per the food and all the food cooked. Many people came and so many were interested in the cookers. We received some orders to make the cookers. The climax was celebrating my Birthday at the show. They poured water on me, and Fr Sospeter blessed me and many other people who came to the stand. We had a media interview. This was a very busy day as 1000-1200 people visited our stand.
DAY FOUR: SATURDAY 4TH MARCH, 2028 Exhibitors: Francis Grace Boniface Abraham Esther Cathrine	Garden Peas, French Beans, 3 Cakes, Meat, Boiled Eggs, Ugali, Sukuma Wiki, Pumpkin Leaves	This was the final day, and all the food cooked well in the Haines cooker. We had a lot of guests and reporters who visited and interviewed. One of our leading TV and Radio Stations promised to come to our church to do a documentary on solar and heat retention cooking. Also our local Diocesan Radio Station (Radio Upendo) broadcasted the next day (Sunday) and gave a lot of airtime to Francis to talk about Solar Cooking. All our names were mentioned over the Radio. 1200-1500 people visited our stand. We had to pack our stuff as this was the final day. We were very tired, however we were happy that we achieved much by making solar cooking known and also making ourselves known.

IMPACT OF SOLAR COOKING

From most of the visitors, if not everyone, they all did not know about solar cooking. They were all amazed at how the sun can be used to cook food. I believe that this has created a great impact on the people who witnessed Haines solar cookers. Quite a number of people had seen the heat retention baskets, but they did not know they can be used to complete the cooking of food. Many of them called it a "Food warmer". They were not aware that it can cook food and save on cooking fuel.

Several people requested us for training within their regions. This means that we need to create more awareness about solar and retained heat cooking within the region and even extend to other regions. However, we will continue as St Joseph to talk and demonstrate about solar cooking. As we grow in our faith, we will also grow with our solar cooking experience and spread more about this amazing cooking method. We can demonstrate the need to cook using the sun and heat retention through such forums.