

SOLAR COOKING

Solar Cooking is a method of cooking in which aluminum foil coated panels concentrate the rays of the sun onto a black pot containing food. There



A well made cookit

are 3 types of cookers-panel, box, & curved concentrator.

Black or dark colored metal pots absorb sun light which is converted to heat. The temperatures reached are high enough to cook most foods & a variety of vegetables. Cakes & bread may be cooked on good days. Experimentation is welcomed. Most germs are killed in the cookers so the incidence of diarrhea will be lessened. The panel cooker will cook a meal for a family of four.

Benefits of solar cooking

Save time & money in securing fire wood

No smoke is generated so eye and lung irritation is reduced.

TILO TABIRILOO

Tilo Tabiriloo (Sun Cooking) is a group of women in The Gambia who have been trained in the Principles, construction & use of panel cookers. 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 & try new dishes.



Demonstration



Applying aluminum foil in the carten.



Preparing food for cooking



Successfully cooked meal, Rice & Vegetable



Tasting a delicious meal, Rice & Domoda

WHY SOLAR COOK?

For people who are fortunate enough to have gas or electric stoves in their homes, the choice to solar cook is just that: a choice. For them, the convenience and environmental benefits of solar cooking are reason enough to solar cook.

But for billions of people around the world who cook over fires fueled by wood or dung, and who walk for miles to collect wood or spend much of their meager incomes on fuel, solar cooking becomes less of a choice and more of 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.

Regardless of your situation, there are numerous advantages to cooking the natural way — with the sun!

THE SOLAR COOKIT

- Feeds your family Cooks meats, Vegetables, Grains, Breads etc.
- Safe for kids— no fire, no smoke
- Nutritious slow cooker
- Great for
Camping
daily use in sunny, warm months
Emergencies

For information or to join Tilo Tabiroo consult:-

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**SOLAR COOKING
OR
TILO TABIROO**



Jarra Toniataba



Foni Kalagi



Kerr Chernon, Displaying Cookits



Kerewan



Sangajor Cookits