

Carbon Masters™

Low Carbon Cooking

Need: People would like to know how they can save energy in their kitchen.

Goal: We will explore and be able to demonstrate low carbon ways of both cooking and preserving food.

Methods:

There are community events that we can participate in, such as the Lummi Island Energy Fair, Farmers Markets, the NW Washington Fair, neighborhood parties and events where we can demonstrate and explain ways we can reduce the carbon impacts of preparing and preserving food.

Special interest:

Gary will develop a demonstration of and mobile information center for solar cooking and its benefits, both domestic and world- wide; such as the reduction in wood & dung smoke in the developing world, the depletion of forests and fuel supplies and the corollary benefit of reduced instances of pulmonary diseases. It is fun and instructional here and would be useful also for campers and hikers. Win for the people, the environment and, as was pointed out in an article recently, a very efficient way to extend our international aid monies.

I bought a basic "camping" model with the cardboard and foil reflectors, a small pot, "bake-in-bags" and several types of info brochures, posters and hand-outs along with a DVD on the subject to show via laptop. A la carte, I also bought:

"Spreading Solar Cooking: Field Guide"
"Spreading Solar Cooking: Leaders' Guide" and
"Teaching Solar Cooking: Trainers' Manual"

This all came through:

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www.solarcooking.org

I would imagine that there could be 2-3 people involved to answer questions, offer info, add ideas, ways to present, etc, if others were interested.

Gary Koch, Lead, Teresa Taylor Oliver, assisting