

# EVERY NEEDFUL THING

The Resource for  
Emergency Preparedness  
and Food Storage  
Specialists, and their  
family, friends  
and neighbors

[www.sunoven.com/everynedfulthing](http://www.sunoven.com/everynedfulthing)

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## What Others Are Saying:

As our search for a new editor continues, we thought we would devote this month's edition to sharing what bloggers are saying about us and tell you some of the exciting things Sun Ovens International is doing around the world.

Kellene Bishop The Preparedness Pro *Try Cooking With the Sun--You'll LOVE It!*

<http://preparednesspro.com/try-cooking-with-the-sun-youll-love-it/>

Julene Prepare Today *How The Sun Oven Saved Christmas Dinner!*

<http://preparetodaywardnewsletter.blogspot.com/2012/12/how-sun-oven-saved-christmas-dinner.html>

Christina The Fresh Loaf *Solar Oven Bread*

<http://tfl.thefreshloaf.com/node/31845/solar-oven-bread>

Joan's Boomer Blog *Cooking with Solar Energy*

<http://tipsforboomeryears.com/sunovencookingwithsolarenergy.html>

Bridget Besaw: *On assignment in Haiti and Georgia.*

<http://www.seedlightworkshops.com/2013/01/05/solar-ovens-in-haiti-water-conservation-in-georgia-on-assignment-for-the-nature-conservancy/>

## GLOBAL SUN OVENS Soon Will Be Made in Mauritania

On Wednesday, January 23, 2013 a shipment of tooling and parts to establish a **GLOBAL SUN OVEN** assembly plant in the West African country of Mauritania was loaded into a shipping container at the Sun Oven plant in Elburn IL.

The **GLOBAL SUN OVENS** made in Mauritania will be distributed to Mauritians. Locally made **SUN OVENS** will be more affordable and create jobs for Mauritians. A large **VILLAGER SUN OVEN** was included in the ship-

ment, which will be used to establish a sun-powered bakery. Funding for this project was provided by UN-Global Environment Facility, Impact Carbon, the Rotary Clubs of District 6450 (Chicago) and private donations.

## Editor Wanted

For the past 18 months Jason Carlton has done an outstanding job in developing, researching the content, and editing the Every Needful Thing Newsletter. Jason is no longer able to serve as the editor and we are in the process of selecting a new editor. This job can be done from home.

We are seeking someone who:

Is interested in Emergency Preparedness and Food Storage,

Likes to do research on topics relating to Emergency Preparedness and Food Storage

Likes to write.

If you would like to apply, or know someone who might like to apply please contact us via email at: [info@sunoven.com](mailto:info@sunoven.com) This job can be done from home and there are no fixed hours.



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[GPlus.to/SunOven](https://plus.google.com/SunOven)



[@TheSolarCook](https://twitter.com/TheSolarCook)



[Pinterest.com/SunOven](https://www.pinterest.com/SunOven)

Do you have something you would like to share in an upcoming issue? Email it to us at [newsletter@sunoven.com](mailto:newsletter@sunoven.com)

## GLOBAL SUN OVENS Soon Will Be Made in Mauritania (Continued)

The project will focus on the community of Kebba Mauritania. Project objectives include:

- Improving household economy by empowering reduced energy costs while creating jobs.
- Improving the health of women and children by reducing indoor air pollution
- Improving the environment by slowing the depletion

tion of natural resources though saving trees and aiding carbon sequestration.

- Reducing the emission of Greenhouse Gas (GHG)

In addition to Mauritania, **GLOBAL SUN OVENS** have been assembled in Dominican Republic, Ethiopia, Ghana, Haiti and Uganda. **VIL-LAGER SUN OVENS** are in use in more than 50 countries around the world.



## The Sun Shines Worldwide

We have a simple business model. We help people in the US prepare for emergencies and save energy, and we use a portion of the cash flow we generate to work in deforested developing countries. For the past 15 years we have been committed to providing an alternative to cooking with wood, charcoal, or dung in areas God has blessed with an abundance of sunshine.

We are committed to finding self-sustaining methods of distributing **GLOBAL SUN OVENS** in the developing world. We believe that the best way to accomplish this is to take a private sector approach rather than rely on governments. We seek to empower entrepreneurs in developing countries to make **GLOBAL SUN OVENS**. Making the ovens in the country in which they will be used, decreases the cost of the ovens

and creates jobs. We have developed a system to enable **GLOBAL SUN OVENS** to be assembled and eventually manufactured in the countries in which they will be used. If you would like more information regarding Sun Oven assembly, please visit: <http://www.sunoven.com/international/local-assembly-plants.php>

The cash flow created by the sales of **SUN OVENS** in the US and other developed countries allows us to work in the developing world. If you have a **SUN OVEN**, your purchase has helped us with our work in other countries and we want to thank you for your help and let you know why we believe in what we are doing.

We are very passionate about and committed to the work we do in deforested develop-

ing countries. About a third of the world's population (2.4 billion people) use wood, charcoal, or animal dung as their primary cooking fuel. On the surface this may not seem to be a big deal, but we would like to share the reasons why we are passionate about this issue and how the **SUN OVENS** we sell in the US are the means we use to fund our work around the world.





## The Sun Shines Worldwide (Continued)

### Health

The smoke from cooking fires is a serious threat to the health of women and young children, who often spend many hours a day close to a fire. Smoke contains a range of health-damaging pollutants including small soot or dust particles that are able to penetrate deep into the lungs. Every year, indoor air pollution is responsible for the death of 1.6 million people - that's one death every 20 seconds. The harmful effects of cooking fires contribute to respiratory infections, pneumonia, tuberculosis, cancer, asthma, lower birth weights, and a host of other medical problems.

### Economic

In many places there is no fuel-wood available to be gathered, so people must purchase charcoal to cook with. As the forests disappear, the cost of charcoal increases, consuming an ever increasing percentage of household income. As an example, many families in Haiti spend 55% of their total household income purchasing charcoal for cooking. As a percentage of income, the cost of cooking fuel is so small it is not a line item on most household budgets. In Haiti, families often spend more money on cooking fuel than on food, shelter, clothing, and all other household expenses combined. Many times people have to decrease the amount of food they purchase to be able to afford to buy the charcoal to cook with.

### Environmental

As populations increase, forests decrease, and the result is deforestation. In many developing countries people are using wood at a much faster rate than it is growing back, with the result that the total amount of for-

ested land is shrinking rapidly. Forests protect the soil against erosion. As the trees disappear, the risk of landslides and avalanches increase. As forests recede, the ecosystems that are dependent upon the trees also recede. As ecosystems fade away, there is a loss of bio-diversity. Deforestation is reducing the earth's natural ability to regulate the amounts of carbon dioxide and oxygen in the air. Trees and other plant life take carbon dioxide from the air and produce oxygen. As deforestation accelerates, there are fewer trees to use the growing amount of carbon dioxide (CO<sub>2</sub>) in our atmosphere.

### Security

In deforested countries finding wood to cook with is becoming increasingly difficult. As the availability of wood decreases, women must travel greater distances to find wood. In many places women have to spend several hours each day collecting fuel-wood. As women travel further distances to find wood, they are exposed to an increased risk of beatings and rape.

If you would like more information on these issues please visit: <http://www.sunoven.com/international/benefits.php>





### Moroccan Sun Oven Chicken



This North African inspired chicken stew can be served over couscous or rice. It requires no browning or sautéing so it can be done completely in the GSO. Homemade broth can be used if you happen to have any on hand. If you don't want to fuss with a whole chicken you can use six skinless, bone-in thighs instead.

#### Ingredients

3 large tomatoes, coarsely chopped  
2 large zucchini, thinly sliced  
1 large onion, thinly sliced into rings  
1 whole chicken, cut into 8 pieces, skin removed (discard back and wings or use them to make solar stock)  
2 cups reduced-sodium chicken broth  
2 teaspoons ground cumin  
1 1/2 teaspoon ground ginger  
1 teaspoon turmeric  
1 teaspoon ground coriander  
1/2 teaspoon salt  
1/2 teaspoon freshly ground pepper  
1/4 teaspoon cayenne

Set Global Sun Oven out to preheat.

Place the tomatoes, zucchini, onion, and chicken in a large, light-weight, lid-ded roasting pan or pot; mix well.

Combine the broth, cumin, ginger, turmeric, coriander, salt, pepper and cayenne in a medium bowl; pour over the chicken and vegetables. Cover and cook in GSO until the chicken is fork tender, approx. 3 hours.