

UN World Food Day Celebration at WSB

The week of October 18, pre-school through upper school classes celebrated World Food Day to bring awareness of food availability on a global scale and to what different organizations are doing locally and internationally to facilitate food and cooking technology. This day reminded us that every day there are empty bowls and critically hungry people worldwide.

The Parent-Child class brought awareness to the miracle and blessing of food through a story.

First through third grade heard a story and shared a teaspoon of rice, the only food ration for the day for some people around the world.

Mark Smallwood, Whole Foods Mid-Atlantic Green Mission Specialist/Local Forager, talked to fourth and fifth grades about CSA (community supported agriculture) and ASC (agriculture supporting

community) and told farm stories from when he used to own a farm.

Louise Meyer, co-founder of SHE (Solar Household Energy), gave two presentations to grades six through eight and upper school students. Ms. Meyer addressed the issue of food and fuel availability in countries around the world, with special focus on refugee camps. Solar Household Energy's mission is to introduce solar cooking where it can improve quality of life and relieve stress on the environment. This organization works with private entities, governments, and NGOs, and designs and oversees training and distribution of solar cookers in Mexico, Central America and Africa.

Will Fletcher-Hill, WSB 9th grade student wrote this description of Ms. Meyer's talk to upper-school students:

Wonderful Solar Cookers

On October 18, 2010 some of you lower school students, middle school students, and faculty may have noticed a strange object resembling a large box with mirrors for sides on the front plaza. This was an example of a Solar Cooker, which was placed there during Ms. Meyer's talk to the different parts of the school. Solar Cookers are used in Refugee Camps around the world. They have no negative effects on the environment around them and require only the rays of the sun, which makes them such a perfect tool. They were originally invented for the use by women in small villages in Africa where there is virtually no infrastructure. In these villages, the men hunted while the women cooked in a small pavilion of wood. This often exposes their lungs to serious damage. Cooking three meals a day in this atmosphere would be equivalent to smoking two to twenty packs of cigarettes a day.

During the High School talk on Solar Cookers, I had the chance to learn about the many types. The three types I will discuss are the Box Cooker, the Parabolic Cooker, and the Panel Cooker. The Box Cooker is a relatively simple device that one could construct by oneself. It has the ability to reach from 250 to 350 degrees Fahrenheit. A Parabolic Cooker is the circular version of the Box Cooker. The Cooker acts like a magnifying glass to cook the food. However, while the Parabolic Cooker cooks at a greater temperature, it must be adjusted towards the sun every ten minutes. Finally, we come to the Panel Cooker. The Panel Cooker is a sort of hybrid of the other two. It is also the simplest and the most used



Mr. Mark Smallwood with the fourth and fifth grades.

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Mrs. Louise Meyer with the sixth through eighth grades.

in Refugee Camps. It has the option to fold up into a light flat square and be easily packed and unpacked in moments. The best option for cooking in the Panel Cooker is to use a two-meter pot in a heat resistant plastic bag. The pot should be elevated slightly in the cooker for maximum heat. The cooker can then bake anything small enough to fit in a two-meter space. In the event that rain is forecast for the next day, a family can simply bake eggs and such for future needs. All in all, Solar Cookers are an unbelievably simple and effective tool.

SCRIP News (continued)

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