



# Solar Cookers and Women's Economic Empowerment in Rural Tanzania: A Theoretical Framework

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## Abstract

Solar cookers have gained popularity as a sustainable cooking solution in rural areas of Tanzania, particularly among women who face challenges related to traditional cooking methods. This study will employ qualitative analysis to gather insights from interviews with local community members, focusing on their experiences with solar cooking technologies. The theoretical framework presented here aims to provide a comprehensive understanding of how solar cookers can facilitate economic empowerment among rural women in Tanzania. Recommendations include the need for further research into the long-term impacts of solar cooking on household economies and the development of targeted educational programmes to increase technology adoption rates.

**Keywords:** *African Geography, Solar Energy, Gender Studies, Empowerment Theory, Sustainable Development, Participatory Action Research, Indigenous Knowledge Systems*

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