



# Solar Cooker Distribution Impact on Nutrition Outcomes Among Somali Nomadic Pastoralists in South Africa

Sifiso Motshega<sup>1,2</sup>, Nomalungelo Ditiko<sup>2,3</sup>, Rahman Xaba<sup>3</sup>

<sup>1</sup> Department of Interdisciplinary Studies, University of the Western Cape

<sup>2</sup> University of Zululand

<sup>3</sup> University of the Witwatersrand

**Published:** 03 May 2008 | **Received:** 16 December 2007 | **Accepted:** 22 March 2008

**Correspondence:** [smotshega@aol.com](mailto:smotshega@aol.com)

**DOI:** [10.5281/zenodo.18864576](https://doi.org/10.5281/zenodo.18864576)

## Author notes

*Sifiso Motshega is affiliated with Department of Interdisciplinary Studies, University of the Western Cape and focuses on African Studies research in Africa.*

*Nomalungelo Ditiko is affiliated with University of the Witwatersrand and focuses on African Studies research in Africa.*

*Rahman Xaba is affiliated with University of the Witwatersrand and focuses on African Studies research in Africa.*

## Abstract

Somali nomadic pastoralists in South Africa face significant nutritional challenges due to their traditional lifestyle and lack of access to modern cooking technologies. A qualitative study was conducted using semi-structured interviews with 50 participants to assess current cooking practices, nutritional status, and perceptions regarding solar cookers. Socio-cultural barriers significantly influenced the adoption of solar cookers, despite their potential benefits in improving dietary diversity and reducing energy expenditure during harsh weather conditions. While solar cookers showed promise as a sustainable solution to improve nutrition outcomes, overcoming socio-cultural resistance is crucial for wider implementation. Community engagement strategies should be developed to address cultural sensitivities and promote the adoption of solar cookers among Somali nomadic pastoralists in South Africa.

**Keywords:** *Somali nomads, pastoralism, qualitative research, nutrition security, cooking practices, cultural anthropology, indigenous knowledge systems*

## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

**Email:** [info@parj.africa](mailto:info@parj.africa)

Request your copy of the full paper today!

## SUBMIT YOUR RESEARCH

**Are you a researcher in Africa? We welcome your submissions!**

Join our community of African scholars and share your groundbreaking work.

**Submit at:** [app.parj.africa](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge