

Reducing Fuel for Cooking



Easy and simple ways to reduce the amount of wood or charcoal that is needed to cook food, by improving fires and cooking methods.



Saves wood and costs - reduces money spent on wood and charcoal, leaving people more time and money to rest or spend on other productive tasks.



Good for the environment - reduces chopping down of trees which helps look after the environment and reduces soil erosion.



Cooks faster – heat is concentrated on the pot and saves cooking time.



Less smoke - reduces health problems from breathing in smoke.

Get started

There are very easy ways to reduce the amount of fuel used for cooking, such as putting the stones closer together around the cooking fire or making simple improved stoves.

✓ **Basic improved stoves can be made with locally available materials at almost no cost.**

To get started, explore how people cook now and advise on improving ways of cooking to reduce fuel use. Simple tips like using a lid when cooking, or soaking dry beans, peas and pulses overnight reduces cooking time and fuel.

Western Darfur, 2016 © Jose Cendon/FAO



Zimbabwe, 2018 © British Red Cross

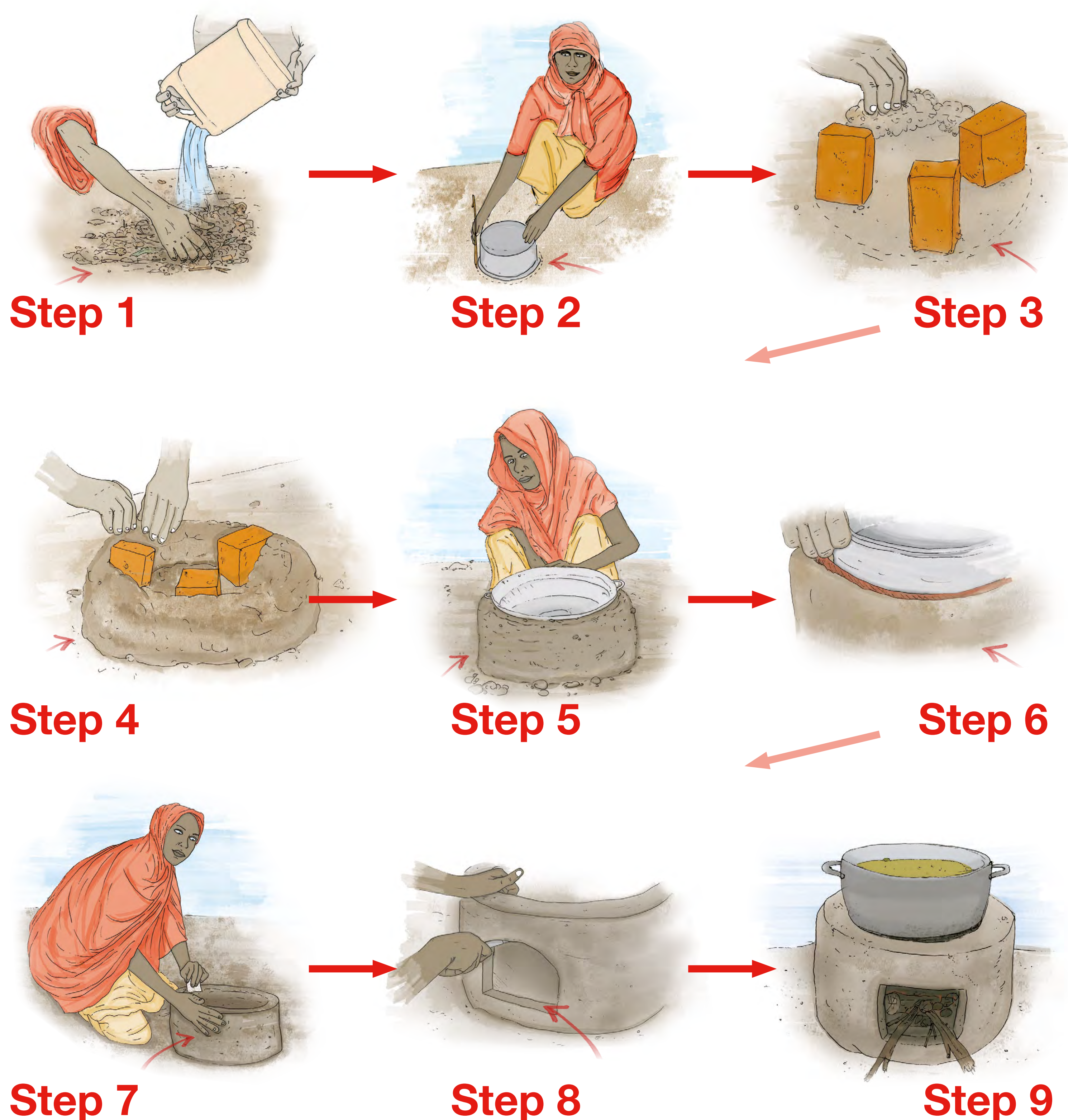


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How to build a simple improved stove



- Step 1** – Mix animal dung with mud. Add water gradually to ensure soft mixture, stirring until the whole mixture has the same consistency. Cover the mixture and leave to sit for a day.
- Step 2** – Draw a line in the sand or dirt around the cooking pot that is most frequently used in the kitchen.
- Step 3** – Get 3 brick pieces, stick clay under them, and place them equally around the inside edge of the circle.
- Step 4** – Fill the circle completely with clay to a height of 4 cm. The bricks should be embedded in the clay. Smooth this clay. You now have the base of your stove.
- Step 5** – Build a 4 cm thick clay wall around the bricks until level with the top of bricks. The outer side of the bricks will be to be slightly embedded into the wall.
- Step 6** – Place the cooking pot on top of the bricks. Build the wall up until just under the rim of the pot. Keep a finger-sized gap between pot and wall.
- Step 7** – Remove cooking pot. Use scraper to smooth out surface of stove.
- Step 8** – Cut a 10 cm width hole in the side of the stove. The hole is to allow in air for the fire and to insert firewood, briquettes or other natural material to fuel the fire.
- Step 9** – Leave stove to dry in sun for 5 days before use.