

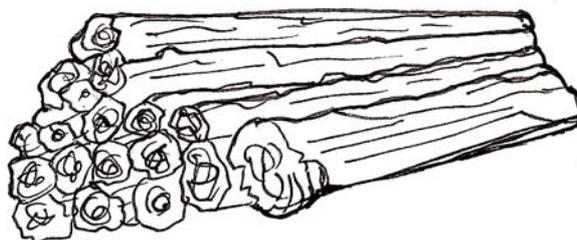
FUEL SAVERS

USE DRY WOOD

Why: Dry wood burns better. You will need to burn less each time you cook and your kitchen will be less smoky, less dirty and more comfortable to work in

FUEL SAVING: UP TO 23%

How: Split firewood into short thin lengths and arrange neatly in a pile to dry in a suitable covered place for 1 to 3 months.



CHOP WOOD SMALL

Why: Thin pieces of wood dry more quickly and burn better than large pieces, producing more energy

Long pieces of firewood can cause accidents in the kitchen

How: Prepare the firewood by cutting it into short thin lengths, depending on the cooking system you use.



SIMMER

Why: Simmering means cooking gently or slowly in a liquid which is just boiling, so that bubbles appear only at the sides of the pot. When food is simmering, it is cooking as fast as it possibly can. Any more heat is wasted!

FUEL-SAVING: UP TO 60%



How: Heat the food until it boils, then reduce the fire by removing some of the firewood until the water is just simmering not boiling hard

HAVE THE FIRE BURNING ONLY WHEN YOU NEED IT



FUEL SAVING: UP TO 18%

How: Start the fire only when you have everything ready to start cooking

Put out the fire when you have finished and save firewood for cooking another time

Remove unused firewood and cover with sand or soil

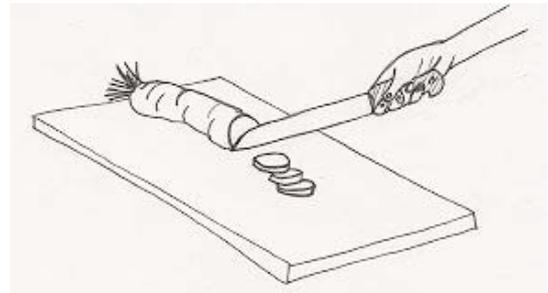
Conserve the remaining heat in the fireplace by covering any charcoal with ash

Do not use water to put out the fire, as it makes the firewood wet and difficult to burn

PREPARE FOOD FOR QUICK COOKING

PRE-SOAK maize, beans and other dry food like green grams, pigeon peas, cow peas, lima beans and dried garden peas. Clean the food, and add 3 cups of water for each cup of food, leave to soak overnight or for at least 5 hours before cooking. Cook the food in the same water you soaked it in to preserve flavour and nutrients

FUEL SAVING: UP TO 40%



CUT SMALL PIECES of meat and rootcrops such as yams, arrowroots, cassava, carrots etc. so heat takes less time to cook all the way to the inside. Do not cut smaller than 1cm square, as nutrients might be lost in this way.

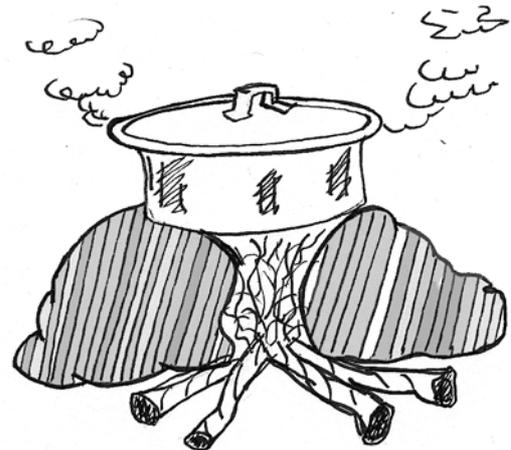
PUT A LID ON THE PAN

Why: Covering food when it is cooking means less water and fuel is needed to cook food because less energy is lost into the air.

If your pot has no lid, use banana leaves, flat stones, plates, sufurias, bottoms of broken pots

Put a stone on top of the lid to further improve its performance

FUEL SAVING: UP TO 20%



Based on: Bellerive Foundation, (1996) Domestic Energy Conservation in Africa. Illustrations by Godfrey Semwaiko