

# Better Cooking Guide



# Mwoto<sup>🔥</sup>

*Better Living!*

**What stove do you  
currently use to cook food  
for your family?**



3-stone open fire



Traditional Charcoal  
stove

# PROBLEMS with traditional cooking methods

- 1 **Indoor Air Pollution**  
(smoke, particulate matter)
- 2 **High Fuel Costs**
- 3 **Longer Cooking Times**



# Cooking food should not **HARM** you

Cough

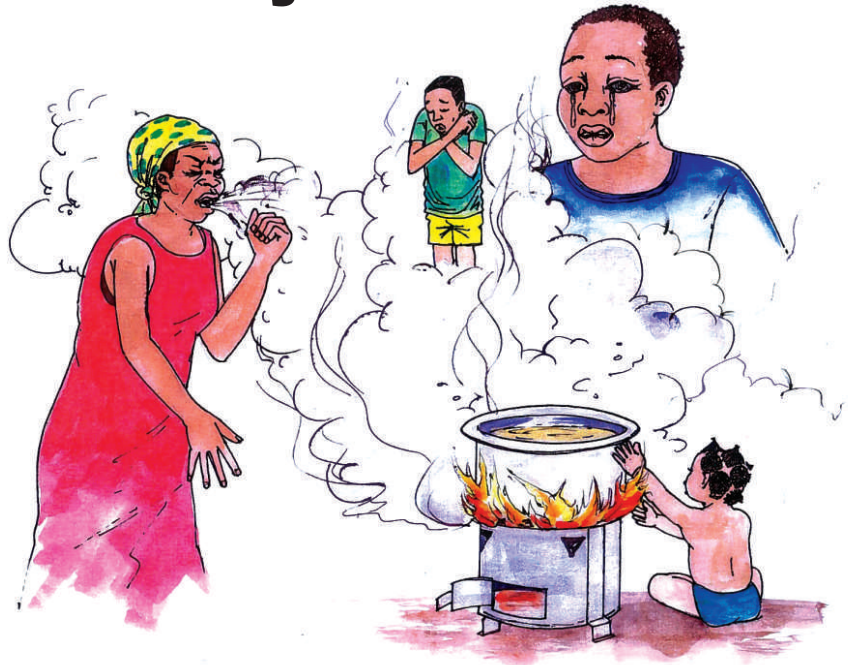
Pneumonia

Cancer

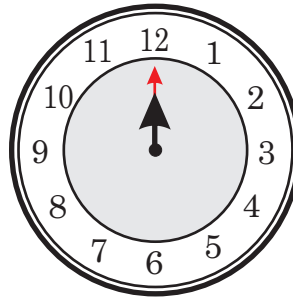
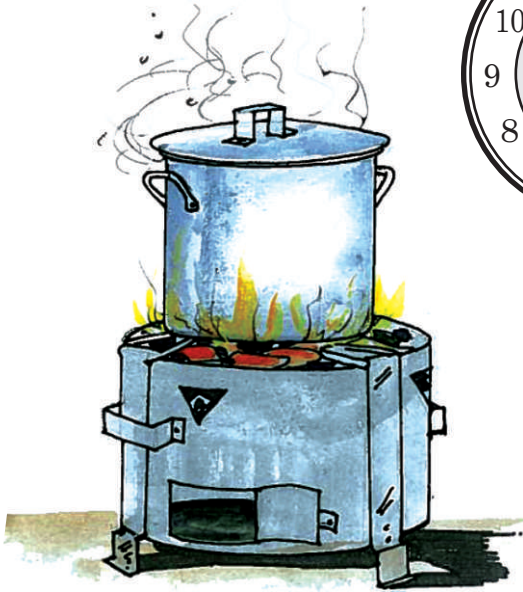
Watering eyes

Burns

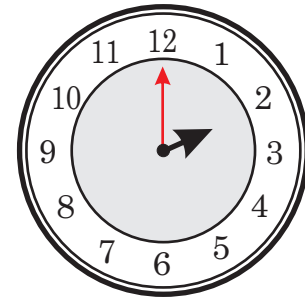
Suffocation



# Longer Cooking Time



12:00pm



02:00pm

*2 Hours to cook 2kg of Beans*



**What  
Problems  
can  
you  
notice  
in this  
Picture?**



**The solution is**

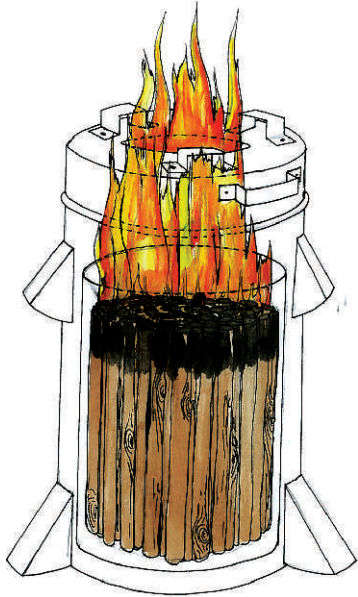


**Mwoto**

**Firewood  
Stove**



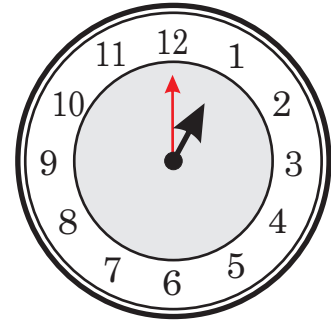
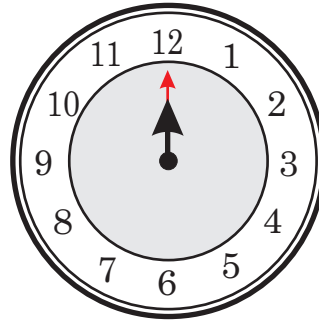
# What is the Mwoto Stove?



- ✓ New technology
- ✓ Uses Firewood
- ✓ Or Papyrus
- ✓ Or Maize Cobs
- ✓ Or Fuel Briquettes

Uses Firewood and produces  
**CHARCOAL** not ash!

# Cooks fast



## Takes Less than 1 Hr

# Uses less fuel

More Savings!



Mwoto Stove



Traditional cooking

*Saves up to 50% off  
Fuel costs.*

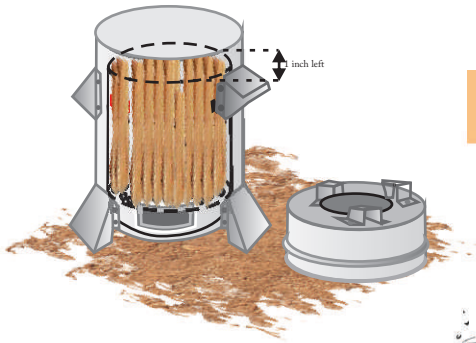
# Produces Charcoal!

No Wastage!

*Use firewood as fuel*

*Prepare food*

*Produce Charcoal to be used in another stove*



## User Testimonials

"Mwoto stove **saves time**, it has **no smoke**, am so happy of the charcoal being produced by the stove. I used to buy charcoal of 1,500 ugx every day but now I buy bread everyday because I use charcoal from mwoto stove for cooking which has made me not to buy charcoal anymore."

*Nalubega Rose, Mother of 5, Kyanja Nakawa Division.*

"Mwoto cooks **MUCH MUCH FASTER** compared to other stoves which use the same fuel.

Mwoto gives me time to do other works because I do not add or change firewood till my food is ready. Mwoto is also **ECONOMICAL** in terms of fuel consumption ie before having the mwoto stove I used to spend 5000 /= per day with the Mwoto I spend 2000/= per day."

*Hadija Nalule, Mother of 7, Kyanja Nakawa.*

"I used to spend 7,000 ugx per week on charcoal and 3,500 ugx per week on paraffin. After buying mwoto stove I use 4,500 ugx a week to buy firewood for mwoto stove, I can also **USE MAIZE COBS** as fuel in mwoto."

*Nabaka Christine, Mother of 05, Nansana, Wakiso.*

**Mwoto is **not** a purchase It is an investment**



**SAVE TIME:** *Cook faster!*  
**SAVE MONEY:** *Use less fuel!*  
**GOOD KITCHEN:** *Higher status!*

**Invest in your Mwoto today  
for a **BETTER LIFE!****



# HOW CAN I HELP YOU?

1

Mwoto stove is available for sale and you can contact me for delivery

2

I will deliver Mwoto stove to your home

3

I will show you how to use Mwoto stove properly and safely.