

SESSION GUIDE



	SESSION	OBJECTIVE	NOTES
1.	Introduction	Climate setting Contextualization	<p>- Thank participants for making time to come. Introduce yourself. Asks for permission. Establish time available for the session. Participants introduce themselves & say their expectations for the session.</p> <p>- Lead the participants in a discussing the cooking habits in their setting</p> <p>Say: We are here today to talk about cooking! I know that you are all excellent cooks who make very good and delicious foods. Let start of by hearing what is the favorite food for your family and why they like it... <i>(Each participant to respond appropriately)</i></p>
2.	Cooking Culture	To find out about participants' cooking Culture	<p>Appreciate participants for their honest input. Probe more about their cooking culture.</p> <p>Say: You people are excellent cooks! Tell me....how long it takes to cook these delicious meals, what fuels and stoves do you use? What challenges/or benefits to these stoves present you with as you cook? <i>Open the floor to find out the most preferred cooking stoves and fuels in the region and the challenges/advantages associated with it. (e.g. open fire, traditional charcoal jiko ,LPG)</i></p> <p>Say: Good! This discussion is very exciting and useful to all of us! Are there any special reasons why we chose the stoves and fuels that we are using to cook the above delicious meals? <i>(Categorize participants according to fuel/stove use. Reasons that could come up include they are cheap, they are available)</i></p> <p><i>(Assuming majority use traditional jiko)</i> Say: Does the jiko look familiar? (Show Illustration 1 at back of card). Where have you seen it? <i>(If answer is affirmative proceed)</i> Say: You have said that this is the stove that is found in some of our homes. I know that you know it quite well. I want us to give it a name that will describe how we feel it looks to us. This name should be equivalent to the way we view this stove. I.e. If we consider it beautiful...we can call it Mrembo, if not we can give it a name that matches it, <i>(Allow them to give the jiko a name. Listen to the names and have them vote on a single name)</i></p> <p>Say: We have voted to call this jiko “Kawaida” <i>(this is an example)</i>, We are going to use this name throughout the session.</p> <p>Say: <i>(Point to the illustration of KCJ)</i> This is Kawaida according to you all. Could I get the reasons why we decided to give it that name? <i>(Point to any of the members who approved the name to explain their choice)</i>... Describe it to us..... If it were a human being...what kind of human being would Kawaida be? it be?<i>(It is likely that the 'kawaida' jiko will be described as tired, old fashioned, wasteful, smoky, ugly, unfriendly and backward or if the participants are happy they may give positive attributes.)</i></p>





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3.	Cooking experience	Find out about participants' experience when cooking: is it some they enjoy? Do they look forward? Are they happy with their cooking experience?	<p>Say: (Show illustration 3) Here is Kawaida...how can we rate “Kawaida’ during a cooking session? Does it make you happy when cooking? If not, what are the reasons? (Allow participants to explore answers. After getting answers)</p> <p>Say: Does this illustration give an exact scenario of how “kawaida” behaves in the Kitchen? What do you think? Open the floor for the participants to respond as many responses as possible. Note these down mentally or on paper for use later in the session Explore the following questions systematically:</p> <ul style="list-style-type: none"> - What is making the woman in the picture to cover her eyes and cough and how many people here have seen or experienced this kind of scene before? - How does being in such an environment disastrous to our health and that of our families? <p><i>Message take out from this section: KCJs/3 stone fires are dangerous to our health because of the effects mentioned below;</i></p> <ul style="list-style-type: none"> - It produces a lot of smoke when cooking and hence causes coughing and sneezing - The smoke causes reddening and tearing of the eyes - It uses a lot of charcoal because it cooks slowly - It spills ash and makes cooking area messy - Scalds when carried and am afraid to the children might burn - Looks unattractive - It is so messy that I have to cook outside <p><u><i>On Economic Value and Health</i></u></p> <p>Say: We have found out that “Kawaida” is harmful to us because (Cites all the above reasons). But ‘Kawaida’ also touches on our money! Can you imagine? Let us find out...what is the average cost that you spend on charcoal using ‘kawaida’. How much does this come to on a daily, weekly and monthly basis? <i>Has it ever occurred to you whether this is cheap or expensive? What’s your experience? Tell us. (Allow their responses) Their calculations could be as below;</i></p> <p>Say: Consider the cost of charcoal with Kawaida... if you use 50 shillings of charcoal per cooking for 3 times a day, this will be 150/day. This for 1 week equals 150*7= 1050. A month (4 weeks) equals 4200/- . If you make 10,000/- per month it means a lot of your money goes to fuel! (Use appropriate examples depending on economic engagements of your participants) Is the remaining amount enough for all your other expenses?</p> <p>Say: Let us now look at the cost of treating diseases caused by smoke like pneumonia, burns, chest problems and eye problems. How much does this cost us in terms of money, anxiety and time spent travelling to and in the hospital. What effect does this have on family resources? Does this make our life easy? Why?</p> <ul style="list-style-type: none"> • Traditional stoves make your kitchen and house dirty • Traditional cooking stoves are bad for your health and that of your family • Traditional stoves use a lot of fuel which takes time to collect or a lot of money to buy.





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4.	Examining broader effects of Unclean cooking	Create a link between unclean cooking and the environment, economic burden, livelihoods and education.	<p><u>On Environment and Gender</u></p> <p>Say: You people are wonderful because you are helping me to learn so much about cooking! We have found out that the use of 'kawaida' has unpleasant effects of your immediate household environment like making kitchen floors, walls and the general kitchen environment untidy. This as we have said may make your fellow women look down upon you as 'unclean and untidy'. 'Kawaida' also wastes a lot of fuel. What does this mean to our forests? (Possible answer: This means that we have to go to forests to get firewood and burn charcoal.)</p> <p>Say: What do you think could happen to women when they go collecting fuel and wood for charcoal burning in lonely and dark forests? (Lead them to discuss issues to do with sexual harassment of women and girls during fuel collection)</p> <p>Say: Since 'Kawaida' uses a lot of fuel it means a lot of trees must be cut down. How do you think this affects our lives in terms of rainfall and food Security?</p> <p><i>Kindly go ahead and relate the cutting of trees to rainfall patterns, food security and how this affects their lives in general. go ahead and explain the environmental effects and relate this to food security, financial and livelihoods and education)</i></p> <p><u>On Education/Livelihoods:</u></p> <p>Say: What do you think could be the effects of this kind of activity (Illustration 3) on the education of the School child engaged here? Why do you think she has to go and help get fuel with the adults?</p> <p>Message takeout:</p> <ul style="list-style-type: none"> • Using Unclean cook stoves can lead to deforestation which leads to unstable rainfall patterns and food insecurity • Women and girls are at risk of sexual harassment when they go to collect fuel in forests and bushes.





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5.	Personal solutions	<p>Find out how people have been dealing with the challenges brought about by 'Unclean cooking'.</p> <p>Bring to the participants consciousness that they have been doing small convenient things to reduce the effects of unclean cooking to the household.</p>	<p>Say: (Pointing to the illustration five) What can we see happening in this illustration? What is your interpretation of what is happening and why do you think she is doing this? Possible answers include; the KCJ is smoky and so she decided to use it outside even if it is raining.</p> <p>Say: Sometimes we only have kawaida to use in our homes. With the knowledge that it is smoky and produces toxic amounts of carbon monoxide, what do you think we can do to reduce its effects before we buy a better and cleaner charcoal stove?</p> <p>(Lead them to point out steps including proper ventilation, cooking outside, cooking many foods at same time to reduce on cost etc.)</p> <p>Message takeout: There are small doable actions that you can take to reduce effects of cooking with traditional cook stoves. These include:</p> <ul style="list-style-type: none"> • Having proper ventilation cooking area • Cooking outside whenever possible
	UPISHIdigi cooking solutions	Create awareness on cleaner cooking solutions	<p>Say: We are just a few steps from being a <i>Mpishi Digi!</i>" We are right on track because we don't want to be left behind when everything is becoming "digi". (Engage the participants on their understanding of digi and what they think Upishi "digi" means. Clarify that Upishi Digi simply means cooking using the modern cleaner methods that have many benefits to their health, cook faster and saves lots of fuel)</p> <p>Say: What does these illustrations mean? (After responses) Do you feel that they are reflection of "Upishi Digi" that we are trying to achieve? Why do you think they are "Upishi Digi"? (Allow for responses which could include ' They are modern, they are stylish, rich, trendy')</p>









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	UPISHIdigi cooking solutions	Create awareness on cleaner cooking solutions	<p>Say: Do we have anybody here who has used any of these or has seen people who are using these? In comparison to “Kawaida”, What benefits do you think this has to your cooking experience? <i>(Possible answers include; Gas and electricity don't produce smoke, Charcoal cleaner stoves and gas cook faster, reduced cases of headaches due to less carbon Monoxide and others)</i></p> <p>Say: <i>(Point to charcoal cleaner cook stove user)</i> If you had a “Kawaida” and this stove (Cleaner charcoal Stove) which one would you choose? <i>(High chances are that they will chose the Cleaner Charcoal Cook stove).</i></p> <p>Say: Why would you choose this Modern Charcoal cleaner cook stove over the “Kawaida”? <i>(Lead the discussion appropriately. Possible answers include:</i></p> <ul style="list-style-type: none"> - They use less fuel by half and save me lots of money on fuel. - They produce less smoke meaning less sneezing, coughing and watery eyes; cleaner walls and floors - There are reduced headaches during use due to less carbon Monoxide produced. - Reduced Ash spills. - They look nice, stylish and strong. - When you are ‘cooking clean’ your family, friend and relatives see you as the ‘Modern woman’ - Reduced cases of burns when carrying and to the cooking surface (Insulated) <p>Message Take-out: LPG, Electricity, modern charcoal cook stoves and Ethanol are examples of cleaner cook stoves. Cleaner charcoal cook stoves not only emit reduced smoke and carbon monoxide but also cook faster and saves money.</p>
	Establish and deal with barriers to purchase (Especially price and Access)	Show value proposition for having clean cook stoves vis-à-vis the cost of initial purchase.	<p>Say: A Mpishi digi is one who understands that time is limited and needs <i>to cook things faster for her family</i>. A Mpishi digi understands that money is limited and a stove that <i>saves money</i> is much better. A Mpishi Digi makes sure that when cooking she is not <i>killing her family using smoke</i> or <i>making her walls dirty with walls with smoke</i>. As we have said, Charcoal Cleaner cook stoves save us lots of money on fuel. Let's explore how this happens! This is very exciting!</p> <p>Say: What is happening in these pictures? What are the differences between these two? Which picture would you wish to be associated with? Who is a Mpishi Digi between the two?</p> <p>Lead the discussion to arrive at the following benefits...</p> <ul style="list-style-type: none"> • The cleaner charcoal stoves save fuel cost by half, cook faster, can be used on tables and don't pour ash on the cooking surface. <i>(Calculate savings per day/per week/per month/per year)</i>. <i>Get participants to say what they can do with the savings.</i> • Calculate how much can be saved by family due to reduced hospital treatment and admissions due to illnesses caused by smoke, reduced time wasted getting treatment.





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	<p>-Introduce the three cleaner charcoal cook stoves being promoted and establish knowledge levels of their availability and price.</p>	<p>Say: What I am showing you are some of the cleaner charcoal cook stoves in the market. Let us see how many here have seen them being sold anywhere near you. What prices are they being sold for? <i>(Establish where these can be found and at what price. After discussions, give exact locations of Equity agents/Livelihoods branch/distributors in the area)</i></p> <p>Say: These stoves have been made of high quality materials that ensures that you remain a Mpishi digi. Just as you have said, they may not be cheap to everybody to buy at once. Tell me..., do we have expensive things that we have bought in our families? Did we buy all these in cash? How did we buy these? <i>(Suggestions that they bought these sing Merry go rounds and Credit will come up).</i></p> <p>Say: (Cost Barrier) <i>If we could buy such important things using these methods, do you think we can use such to get such an important stove that saves money and the lives of our families?</i></p> <p>Say: (Access Barrier) <i>If the stoves are far do you think there is a way that we can bring them closer home? How can we do this? (Discuss possibility of buying in bulk once group organizes itself)</i></p> <p>Say: Message takeout:</p> <ul style="list-style-type: none"> • Because a cleaner cook stove is worth it, we could explore the option of pooling resources as a chama and buying for each other per month/week • Buying in bulk as a group and loaning each other
<p>Linking to Micro financing (This section is only applicable where we are linking up with Eco-moto financing option.)</p>		<p>Say: We have found out that we can get creative solutions to buy cook stoves without feeling the pinch of buying at once. Other avenues that exist include getting a loan from Equity bank which we can pay at smaller amounts. You can also pay for your stove by depositing money in smaller amounts until you complete payment after which you can take your stove home 9LIPA system from Livelihoods)</p> <p>Many people have used these option to get cleaner charcoal cook stoves into their kitchens. You too could benefit! Explain <i>eco-moto cook stove loan/ livelihoods LIPA system. Explain how these can be accessed (paper based and App). Demonstrate if possible & help those willing to start using it.</i></p> <p>Message takeout: If I don't have cash upfront there are existing mechanisms to get financing for the cookstove such as ecomoto and (livelihood's financing product)</p>



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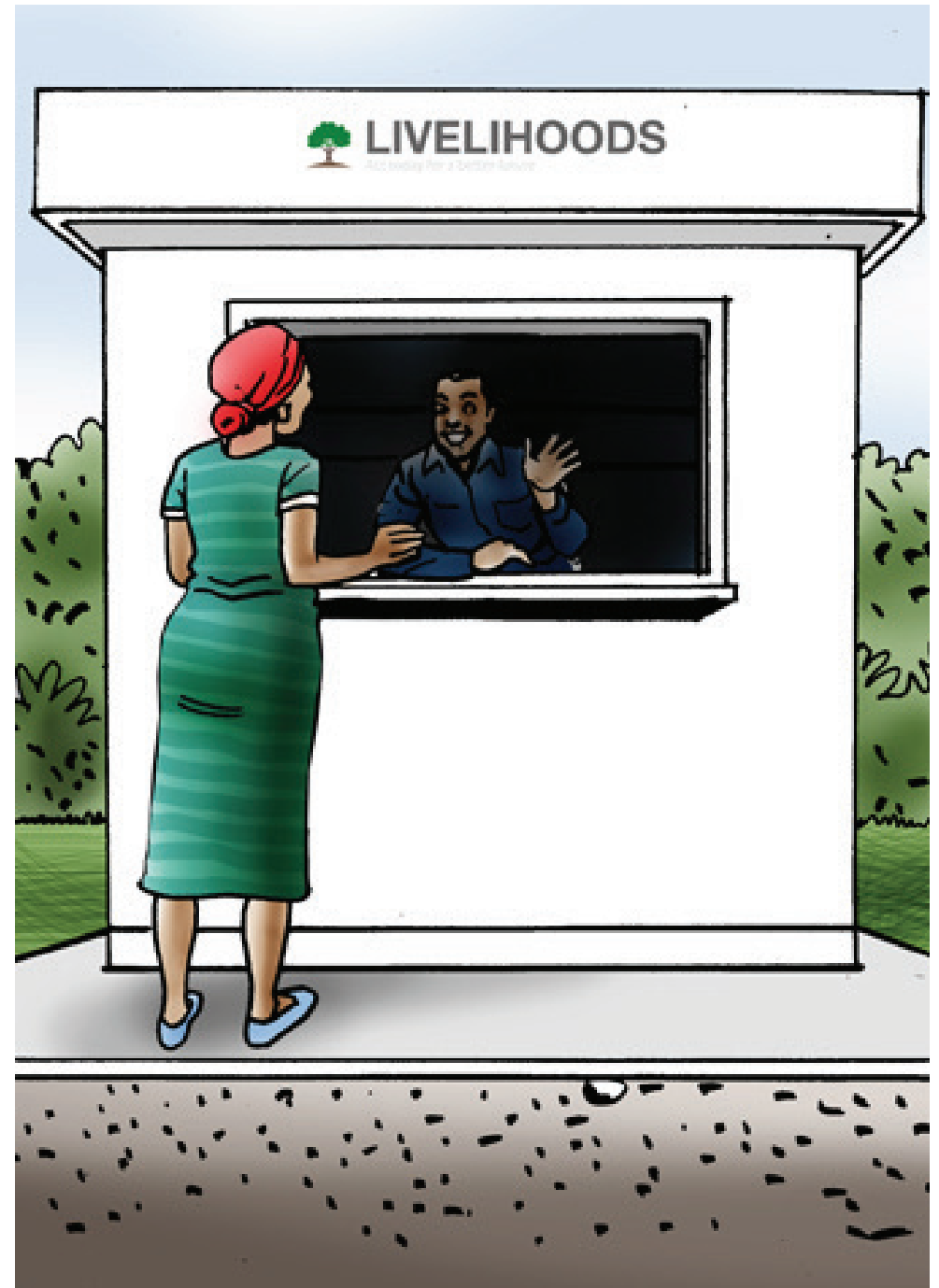
**Super Saver
ecozoom**



**Jikokoa
burn**



	SESSION	OBJECTIVE	NOTES
	Conclusion	Key message take out and Action	<p>Say: Thank you so much for being active participants. As we complete this session, what message are we leaving here with and what are we going to do? (Lead the participants to conclude three key messages and actions as follows)</p> <p>By adopting modern, more efficient and cleaner cook stoves we experience</p> <ul style="list-style-type: none">• less smoke in the cooking areas, reducing effects of exposure to smoke such as coughing and tearing of eyes• helps keep our cooking areas cleaner – free of soot and ashes• better cooking experience (less stressful) and better rewards (savings in money and time) which we can use for more important things for our family• safer cooking environment compared to traditional cook stoves and open fires• time used to collect firewood can be used to do other important things by women and children such as school and tending to family• If I don't have money to buy a stove now, I can get financing and pay in equal installments over 1 year from an MFI i.e Equity bank. As a group we can also do a revolve fund to purchase for each other in turns.• Clean cook stoves are the in-thing for the modern /DIGIwoman and I am going to get mine;







UPISHI DIGI

na JIKO SAFI LA KISASA