



STORY OF MAMA IMADE

THIS IS A STORY OF A WOMAN WHO FOUND
OUT THAT THE **SMARTER, BETTER AND FASTER**
WAY TO COOK FOR HER FAMILY IS TO USE A
GAS STOVE.



**MAMA IMADE LOVES TO COOK FOR HER FAMILY.
SHE IS HAPPY WHEN HER FAMILY IS HEALTHY
AND WELL TAKEN CARE OF.**





SHE COOKS WITH FIREWOOD BUT DOES NOT KNOW THAT IT IS A DIRTY FUEL.

She juggles taking care of her husband, children and business. Mama Imade uses dirty fuel to cook so she spends more time cooking and is always tired when she's done.





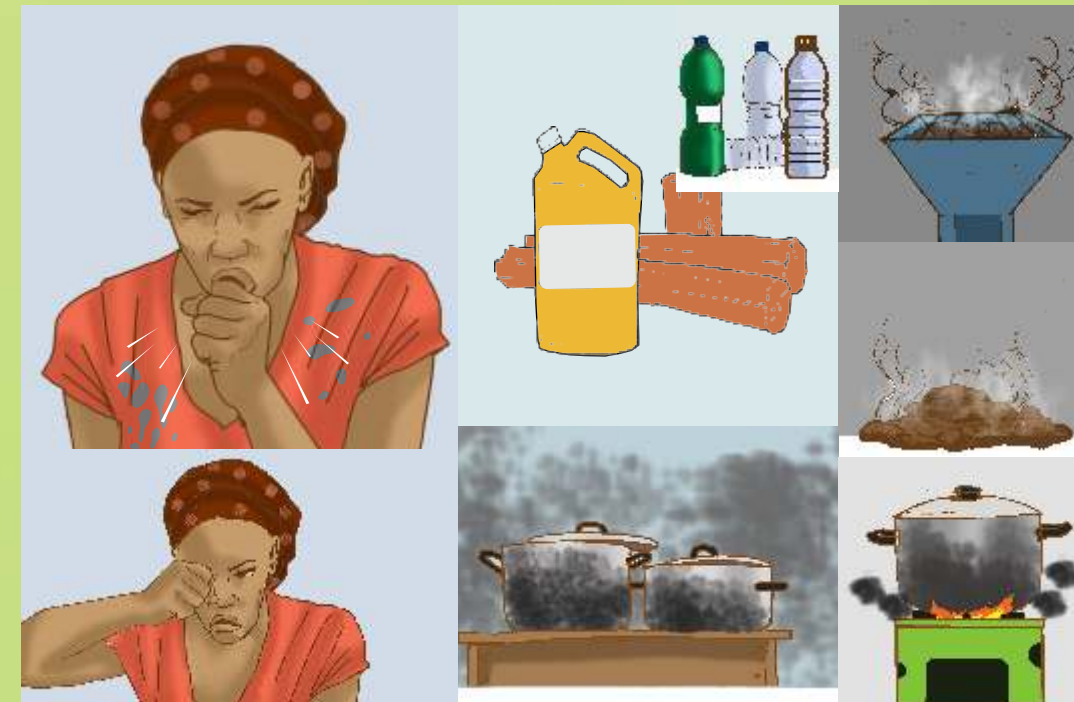
WHEN USED TO COOK...

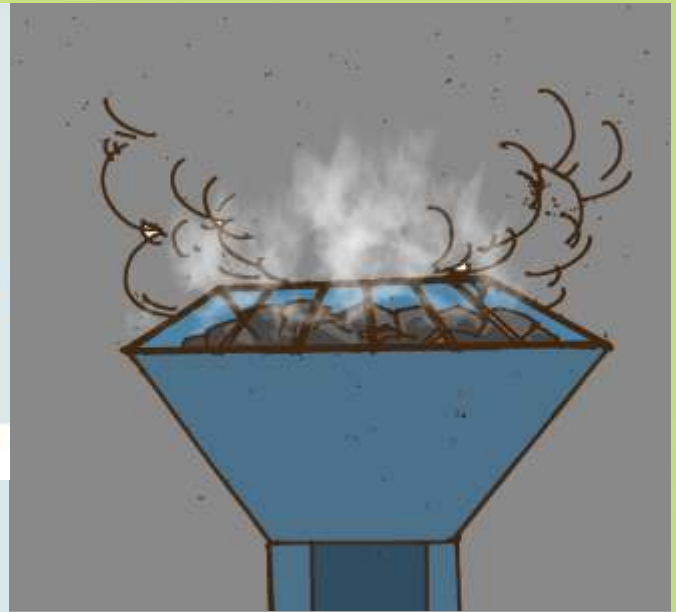
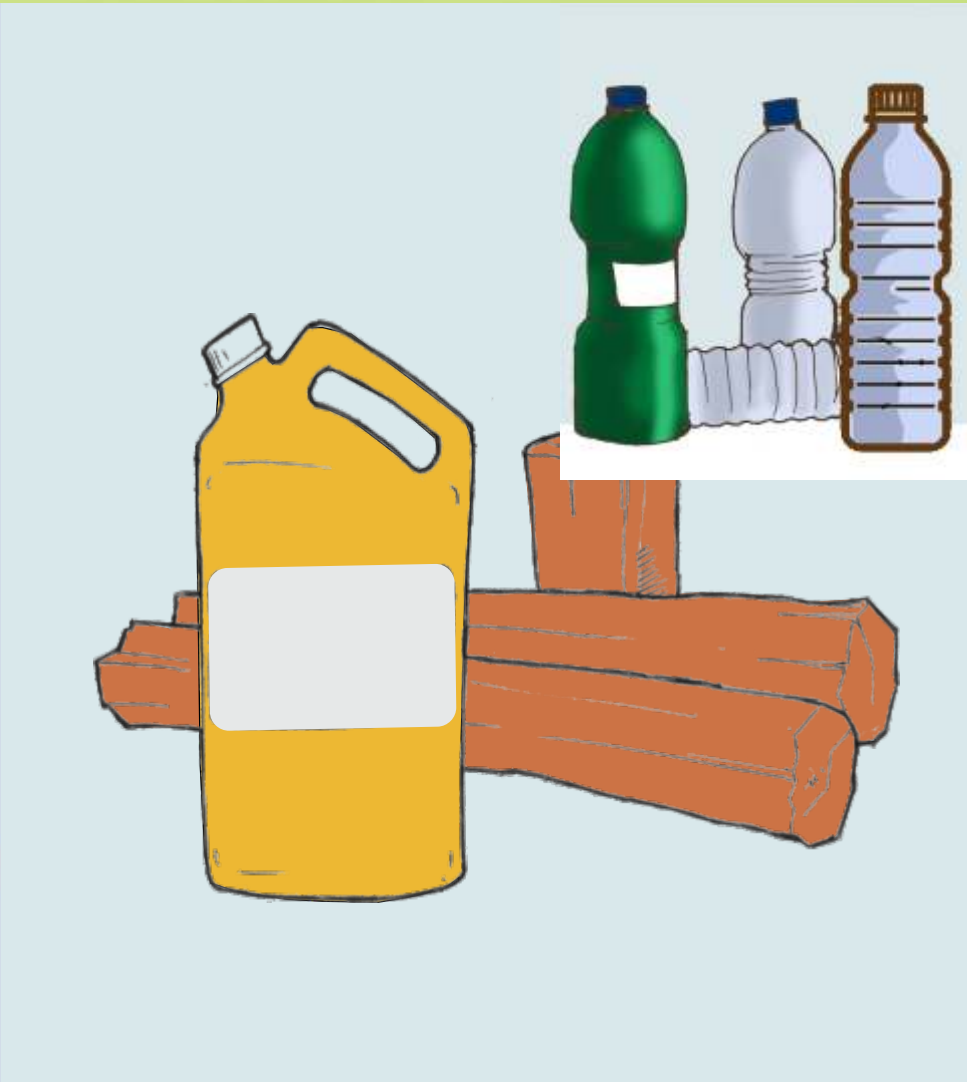
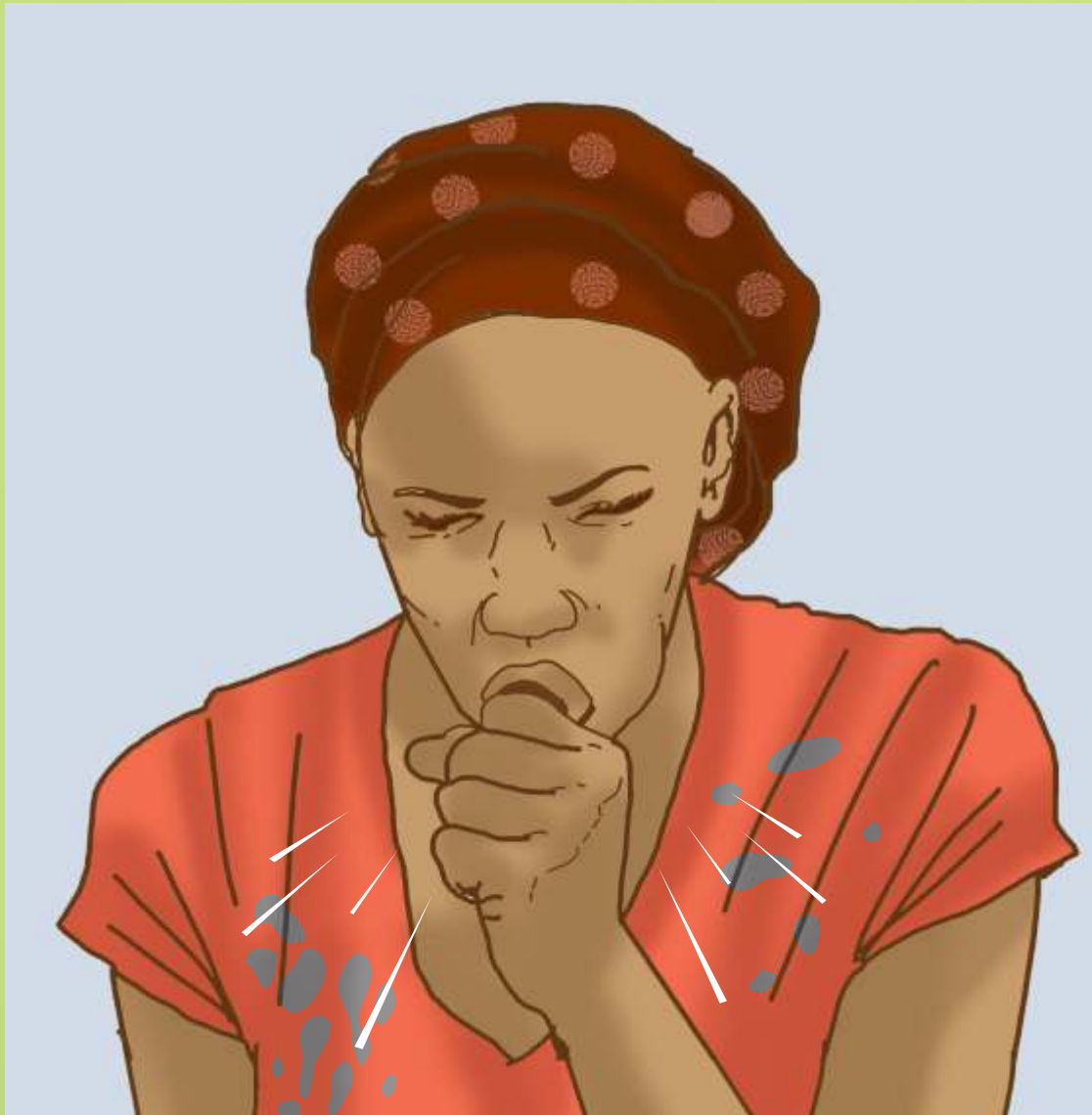
Dirty fuels release harmful smoke (**CARBON MONOXIDE**) and tiny black powdery particles called soot that pollute the air and stain surfaces (such as walls and cooking pots).

Dirty fuels give an unpleasant odour that makes people cough when inhaled. These fuels also emit smoke that causes eye irritation. (Eyes are red and watery).

Different types of dirty fuels:

Firewood, sawdust, crop waste, charcoal, coal, animal waste (dung), kerosene and even plastic bottles (in some instances).





**MAMA IMADE HAS NEVER
THOUGHT ABOUT SWITCHING
TO ANOTHER COOKING FUEL.**

**ONE DAY, AN IPCC VISITS THE
COMPOUND TO TALK
ABOUT LPG.**

**WHEN ASKED WHAT SHE THINKS
ABOUT LPG, MAMA IMADE SAYS**

Mama Imade Says: LPG is only for rich people.

Mama Imade Says: LPG is unsafe and explodes.

Mama Imade Says: Food cooked with firewood tastes better than with LPG.





AND THEN SHE ASKS “MY PEOPLE HAVE NEVER USED GAS TO COOK, SO WHY SHOULD I CHANGE?”

Time and Cost Saving: Food take a shorter time to cook with gas than firewood/charcoal/kerosene. Gas is for all and can be bought in small quantities from gas skids or plants.

(NOTE: The IPCCs should show the audience the pictures of gas plant/skid).

Safety: LPG is safe if used carefully and poses no danger to the user. **(NOTE:** IPCCs should provide the audience with a copy of the safety guide and talk them through it).

Taste: The taste of the food depends on the way it is prepared and not the cooking fuel used to cook it. **(NOTE:** The IPCCs can organize a “taste test” during kitchen demonstrations).



Stress/inconvenience: Cooking with dirty fuels stains pots, so you spend more time washing up. The smell of smoke, tiredness, coughing and red eyes also affects peace of mind.



THEN THE IPCC TELLS MAMA IMADE ABOUT THE RISKS OF COOKING WITH DIRTY FUELS

Everyone is at risk but some people are more exposed to the dangers from cooking with dirty fuels. This includes:

- **Children under 5:** Their lungs are still developing, so exposure to harmful smoke increases their risk of Acute Respiratory Infection (ARI) e.g. pneumonia and bronchitis. (NOTE: IPCC should demonstrate to the audience the symptoms of respiratory infection – labored breathing, feverish movement, sweating etc.)
- **Pregnant women:** Exposed to harmful smoke, these women are more at risk of delivering babies with lower birth weights.
- **People with respiratory conditions –** Asthma, Pneumonia





THE TRUTH ABOUT COOKING WITH LPG

You too may be asking:

Q: I cannot see the gas in the cylinder and I might be cheated. How do I know when that amount of gas I buy is exactly what I am getting?

A: To ensure you get the exact amount you want, buy from a gas skid vendor because they use meters to measure gas dispensed into the cylinder. (**NOTE:** The IPCCs should show the audience the pictures of gas plant/skid).

Q: I cannot see the level of gas used. How will I know when it finishes?

A: One simple way to know is by taking note of how long your gas lasts before it runs out. This will help you plan ahead, so you know when to refill before the gas runs out. After a while, you should consider buying a second cylinder.

Q: My landlord/landlady/spouse will not allow me to use gas, what should I do?

A: (Note: The IPCCs should follow up with the Landlord/landlady/spouse and invite them for group IPC).

Q: Gas is expensive. How can I afford it?

A: Gas can be bought in small quantities at gas skids. Purchasing a gas cylinder is a one-time deal and it can last for a long time if handled carefully. (Note: The IPCCs should provide the audience with information on cooperatives within the community that offer soft loans).

Q: Gas explodes. How do I know it will not explode?

A: If you follow the instructions on the safety guide, this will not be the case. (Note: The IPCCs should provide the audience with a copy of the guide and talk them through it).



GAS PLANT

THE TRUTH ABOUT COOKING WITH LPG

Q: My wife is careless and I have kids at home.

A: Teach her how to use gas safely using the safety guide. (Note: The IPCCs should invite the couple to the group IPCC session for kitchen demonstration).

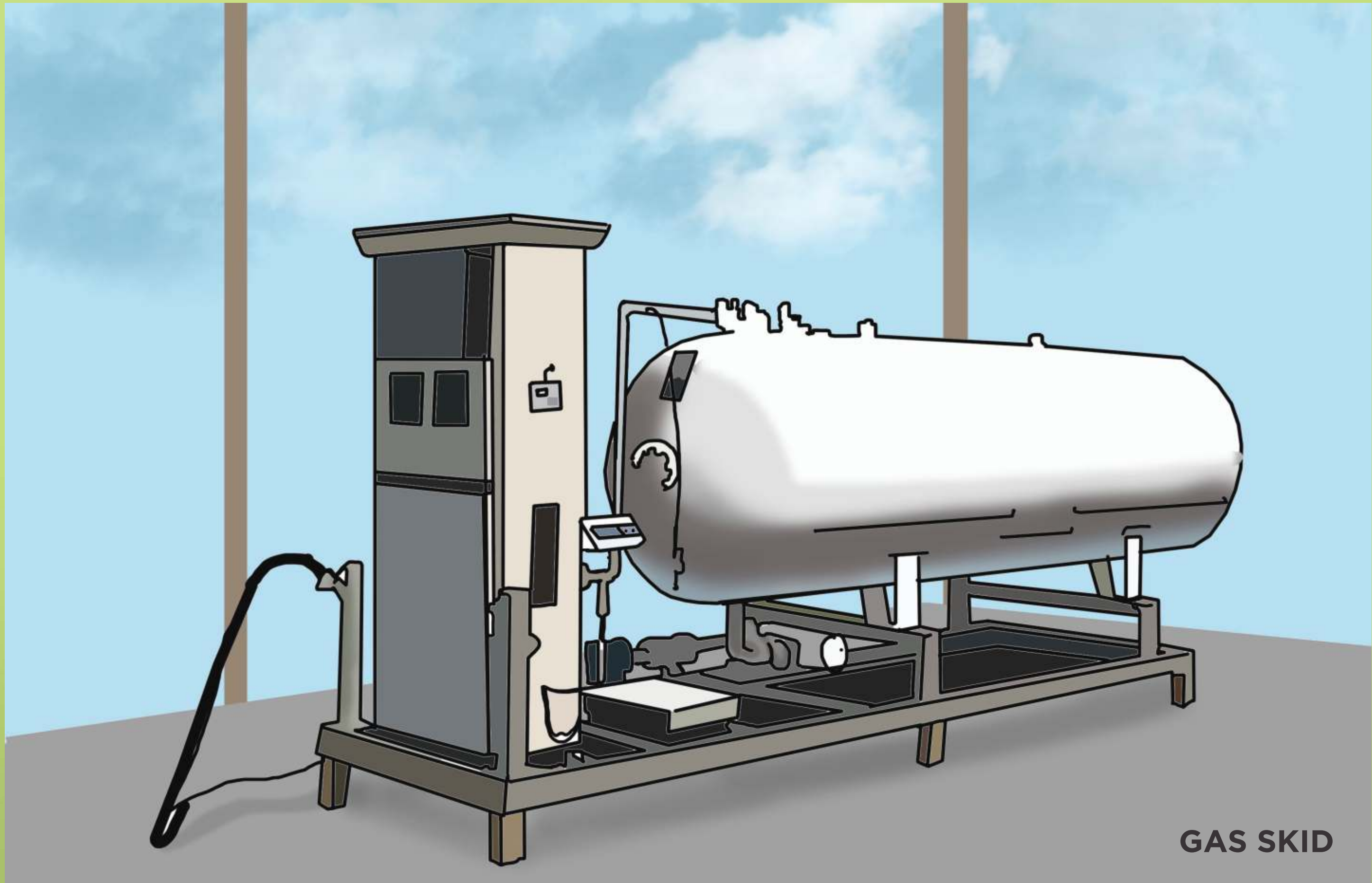
Q: Where can I buy gas?

A: (Note: IPCCs should provide the audience with locations of gas skids within the area).

Additional information:

Use the safety Guide to guide people on the safe use of LPG, even if the discussion on safety is not raised.

Invite them to group discussions for kitchen demonstrations.



GAS SKID



JOIN MAMA IMADE TODAY!



**UPGRADE
TO GAS**

IT'S SMARTER, BETTER AND FASTER. LIKE YOU.





UPGRADE TO GAS

IT'S SMARTER, BETTER AND FASTER. LIKE YOU.



Copyright Africare 2017 ©