



THE COOKSTOVE® project



Fall 2023 Newsletter | Vol. 8

Season's Greetings

Dear Friends,

By the end of this year, we will have constructed more than 30,000 cookstoves. With your generous support, we have helped about 23,000 families in Uganda over 7,100 families in Nepal to improve the quality of their lives and reduce their impact on the environment.

This has been an exciting year for The Cookstove Project as we **celebrated our 10th anniversary**. In early September, we held a wonderful event with over 100 of our donors and friends in New York. It was a moving night of reflection and celebration of all that has been accomplished.

In October, Mike and I visited our CSP team in Uganda. It was incredible to be back in this beautiful country to meet with our staff who are the ones who make this project so successful. We visited Nakaseke and Mukono districts, meeting with the cookstove masters, and visiting homes where the cookstoves are in use. I really enjoy talking with the women and hearing how their cookstove has improved their lives in so many ways.

We ended our visit with a celebratory gathering with our staff and partners. More than 50 people attended, and it was so moving to hear how much their work with CSP has meant to them and how much more they want to achieve. We gave out 10-year and 5-year awards to acknowledge their accomplishments. It was great to see old friends and meet some new staff, and hard to say goodbye at the end. I feel very fortunate to work with these wonderful people. We are now looking forward to visiting Nepal again in the new year and will be reporting back in the next newsletter.

All of us at CSP are looking forward to what we can accomplish in the next 10 years. Rural communities in Uganda and Nepal are still in dire need of clean cooking options. **Please consider making The Cookstove Project a part of your giving this year.** We need your help to improve the health and quality of life of thousands more families, while also lessening their burden on the environment. Thank you!

I wish you and your family a Happy Holiday Season!

Rebecca Sommer

President, The Cookstove Project
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Significant Update!

Third party testing certified that usage of our cookstoves results in:

↓ **66% Less**

wood used compared to traditional cooking methods

↓ **2.9 tons Less**

CO2 emitted per cookstove than traditional stoves

These findings indicate that over the life of the project we have already **saved about 450,000 tons of carbon emissions.**



These results were the product of extensive in the field testing by **Centre for Research in Energy and Energy Conservation**, the premier stove and fuel testing services for the East-African region.





THANKS FROM UGANDA



Joyce Nakayiz is happy that since she started using the clean cookstove, coughs are no longer a problem in her home. She and her husband can now enter their kitchen without worrying about smoke or accidental burns. They now realize how the smoke inhaled during the use of the three stone open fire resulted in much difficulty in breathing, and frequent coughing. **“The clean cookstove is a blessing at this time in my life. It has changed the standard of living in my family. I could not ask for more.”**

Monica Nakito has many memories involving the three stone fire. “When I was growing up, there used to be many burned children at the children’s hospital, and most people my age have burn scars from their childhood. Sometimes the hot food would pour out because the stones were unstable. It was also necessary to keep adjusting the hot stones over the open fire causing frequent burns to the children.”

Monica loves her clean cookstove; it is fully stable, keeps the fire enclosed and the saucepans fit on the stove so the hot food can’t pour out. Her children can now safely help with cooking.



Whitney is a 13-year-old girl who lives with her mother and her nephew in Kiyoola village. Since her siblings have left home, she is the one helping her mother with household chores, especially cooking. She is very happy to have the new cookstove. “Because of the cookstove, I have more time to do my homework, and free time to do other activities with my friends.” Since there is no smoke in the kitchen, she can do her homework while cooking dinner and supervising her nephew.

“Whenever my siblings visit, they envy me because my workload is easier with the new cookstove.”



Award Recipients at the Cookstove Project’s 10-year anniversary celebration in Uganda



A DECADE OF SERVICE IN NEPAL



Kiran Aryal, CSP's main cookstove master in Nepal, receiving his 10-year appreciation award. He has constructed over 5000 clean cookstoves in 8 district areas.

Since building our first cookstove in Chhaimale in 2013, our teams have impacted the lives of more than 35,000 people as we completed 7,165 clean cookstoves over the past ten years.

In 2024, the Cookstove Project will focus on two districts; Dhading in central Nepal, and Khotang, located in the eastern part of the country. In Dhading, we are currently working in two municipalities; work has begun in Tripurasundari Rural Municipality, where we will serve 1,582 families, and in Nilkantha Municipality encompassing 2,160 families.

Our project in Khotang focuses on Sakela Rural Municipality with a population of 9,623 persons across 2,299 households. **More than 97% of those households currently use open fire cooking.**

Bambie Panta, Director of The Cookstove Project in Nepal, thrives on being closely involved with the people whose lives she aims to improve. "Listening to our recipients' stories on how this project has helped them improve their family's quality of life, especially in rural areas, motivates me to continue our work."

In the new year, the Nepal team plans to increase the uptake of clean cookstoves in rural municipalities through community engagement, product promotion, and campaigns that raise awareness of all the benefits the stoves provide and all the harms they prevent.



Shrada Khanal

Shrada says that, in the past, her family members have frequently had health concerns, particularly throat issues, due to smoke inhalation and constant coughing. She is grateful that her clean cookstove cooks food quickly and efficiently, using minimal firewood, but it's mostly the transformation in her family's health that causes her to express her gratitude to The Cookstove Project and Matt Haley Trust for making such a profound change in their lives.



Lalita Kunwar

Lalita and her family of four primarily rely on farming to make ends meet. However, they've found that farming alone isn't always sufficient, so they also take on daily wage labor. Their days are therefore very full, leaving little time for cooking and other household tasks. Lalita is very grateful that her clean cookstove allows her to multitask, completing household chores while cooking, making her daily routine far more efficient.

We Need Your Support



3.8 million people, mostly women and children, will die this year from household air pollution due to open fire cooking.

This number of deaths ranks higher than the number of annual deaths from malaria, HIV/AIDS, and tuberculosis combined.



For **\$20**, you can provide clean cookstoves for **two families**



For **\$100**, enough clean cookstoves for **ten families**



\$1,000 donation provides cookstoves for **a community**

The Cookstove Project is a 501(C)3 public charity. All donations are tax deductible.

Please make checks payable to: "The Cookstove Project,"
Mail to: The Cookstove Project, 24 Link Drive, Rockleigh, NJ 07647.
For more information, email: info@cookstoveproject.org

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