



# THE COOKSTOVE<sup>®</sup> project



Fall 2024 Newsletter | Vol. 9

## Season's Greetings

Mike and I have just returned from a visit to Nepal that has left us feeling more energized and inspired than ever. There is nothing quite like the experience of meeting families whose lives have been changed by having a clean cookstove in their homes. In this newsletter, we want to tell you some of their stories, report on our visit to Nepal and progress in Uganda.

Of course, the raw numbers tell their own story. **In the past eleven years, The Cookstove Project has built more than 36,390 cookstoves, we now have more than 60 employees, and our capacity for further growth is stronger than ever. By the end of this year, there will be a total of 28,130 cookstoves constructed in Uganda and 8,260 constructed in Nepal.**

This accomplishment is only possible because of our dedicated teams on the ground, our passionate board members, and the generous support of our amazing partners and donors.

Each one of these clean cookstoves has changed the lives of people of all ages, from the baby whose childhood will not be blighted by burns and smoke inhalation to the seniors who can continue to be self-sufficient and remain safely in their own homes thanks to the efficiency, safety, and cleanliness of their stoves.

To honor our commitment to sustainability and to the families whose lives we have changed, we are now going back to the households where we built stoves 10 years ago and we are rebuilding or refurbishing the stoves. We want to ensure that the people will continue to receive the benefits of clean cooking in the years to come.

During these past eleven years, the pace of our work has increased as the expertise and capacity of our teams have steadily grown. **You can help to build that momentum in 2025, allowing our teams to improve the health and the quality of life of thousands of families.** Please consider making The Cookstove Project a part of your giving this year. Each gift of \$100 builds cookstoves for 10 families and a gift of \$1,000 can transform a village. **Thank you!**

I wish you and your family  
a Happy Holiday Season.

Rebecca Sommer

President, The Cookstove Project  
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## Improving the Environment

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

↓ **66% Less**

wood used compared to  
traditional cooking methods

↓ **2.9<sub>tons</sub> Less**

CO<sub>2</sub> emitted per cookstove  
than traditional stoves

These findings indicate that over  
the life of the project we have  
already **saved about 510,000  
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.



## STORIES FROM UGANDA

### The Ripple Effects of Clean Cookstoves

Beyond their immediate impact in terms of improved efficiency, and smoke reduction, clean cookstoves have wider impacts as their **owners have more time for social, educational, and entrepreneurial activities.**

#### Aida's Story

Aida Babumba, aged 65, is very happy with her cookstove because now she gets better prices for her pigs! Aida explains that she needs to cook some of the pig food to make it edible for them. However, it is difficult for her to gather firewood so she would feed her pigs with raw leaves. As a result, her animals were malnourished and would not bring a good sale price.

When Aida received her cookstove, she realized that she could cook her own food and then prepare food for her animals. Her pigs were soon putting on weight, and that means a better selling price and an increase in Aida's income!



#### Whitney's Story

Whitney, aged 13, helps her mother and takes care of her little nephew. For her, the clean cookstove has been transformational. She spends less time looking for firewood, less time cooking and she can do her homework in the kitchen while watching the food and supervising her nephew. And, most importantly, "I can spend more time with my friends!"

#### Farida's Story

Farida Habuya rears goats and grows crops for sale, and she says that her cookstove made it all possible. She remembers days when, after doing all her chores, she barely had the energy to blow on the open fire on which she used to cook. For Farida, her clean cookstove was life-changing. Suddenly, cooking required much less time, and she had more energy to invest in her goats and crops. "I just found myself doing some gardening every evening and every morning. Now, I contribute to the wellbeing of the family, our livelihood has improved, and we are healthy because we drink boiled water," said Farida.



# A DECADE OF SERVICE IN NEPAL



## Blessings, Flowers & Snowcapped Peaks

It was such a wonderful experience to be back in the rural areas of Nepal. I visited the beautiful Changunarayan Municipality, a hilly area outside of Kathmandu with amazing views of snowcapped mountains. CSP had recently begun working there and I was excited to meet the local people.



We were greeted by a women's group with white tika blessings on our foreheads, and Mala, traditional welcoming marigold flower garlands. We sat together for tea and introduced ourselves. The women were very excited about their new cookstoves and wanted to describe all the improvements in their lives. Our gathering ended with a beautiful traditional dance by a young member of the group.



We then joined Kieran, our cookstove master since CSP began in Nepal in 2013, to build a stove for Bishnumaya Lama, the leader of the women's group. She had recently become aware of clean cooking through an information meeting in the district and was very excited to make the switch from her open fire!

This trip was also to belatedly celebrate our 10th anniversary of working in Nepal and to honor our CSP staff for all their hard work and success. Despite extended rainy seasons these past few years, they have pushed through to transform the lives of as many families as possible.

### Bishnumaya Lama

"When I heard about the benefits of clean cookstoves, I wanted one in my home right away, and our stove immediately added value to my family's homestay business! Our guests always liked the novelty of cooking on a three stone fire in the "traditional Nepali way" but, of course, that meant lots of smoke in our home. Now, with our clean cookstove, we have the perfect combination of traditional but healthy cooking and my family and guests are very happy."



### Saili Lama

Saili is a 66-year-old widow who lives with her two young granddaughters and her youngest son who needs medical care. For Saili, her clean cookstove had such an impact on her life that she has become a fervent advocate for the stoves in her community. Cooking and gathering firewood used to occupy a major portion of her day but the efficient stove allows her to spend more time farming, and its safety means she can leave some of the cooking to her grandkids.



# 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](mailto:info@cookstoveproject.org)

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