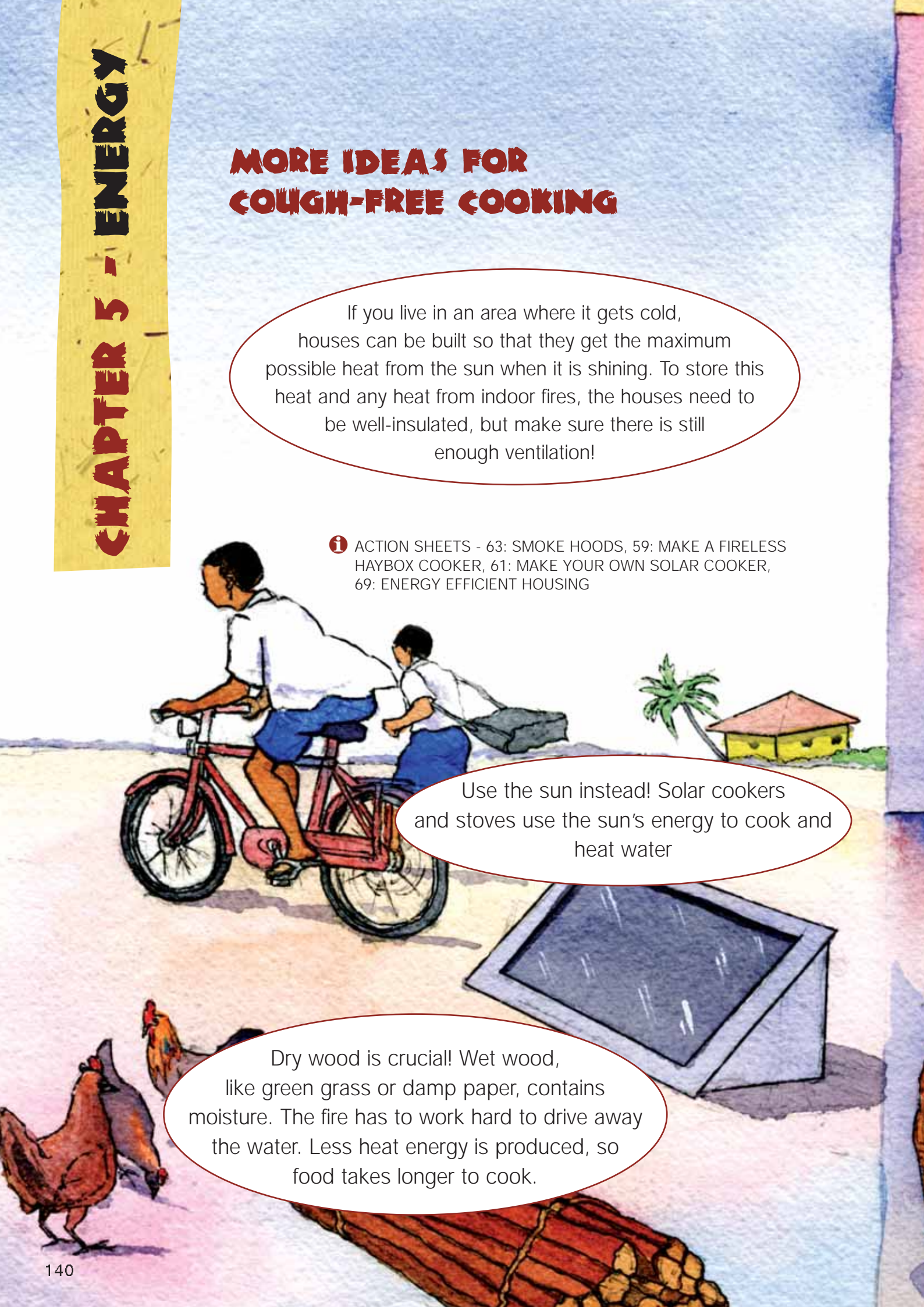


MORE IDEAS FOR COUGH-FREE COOKING

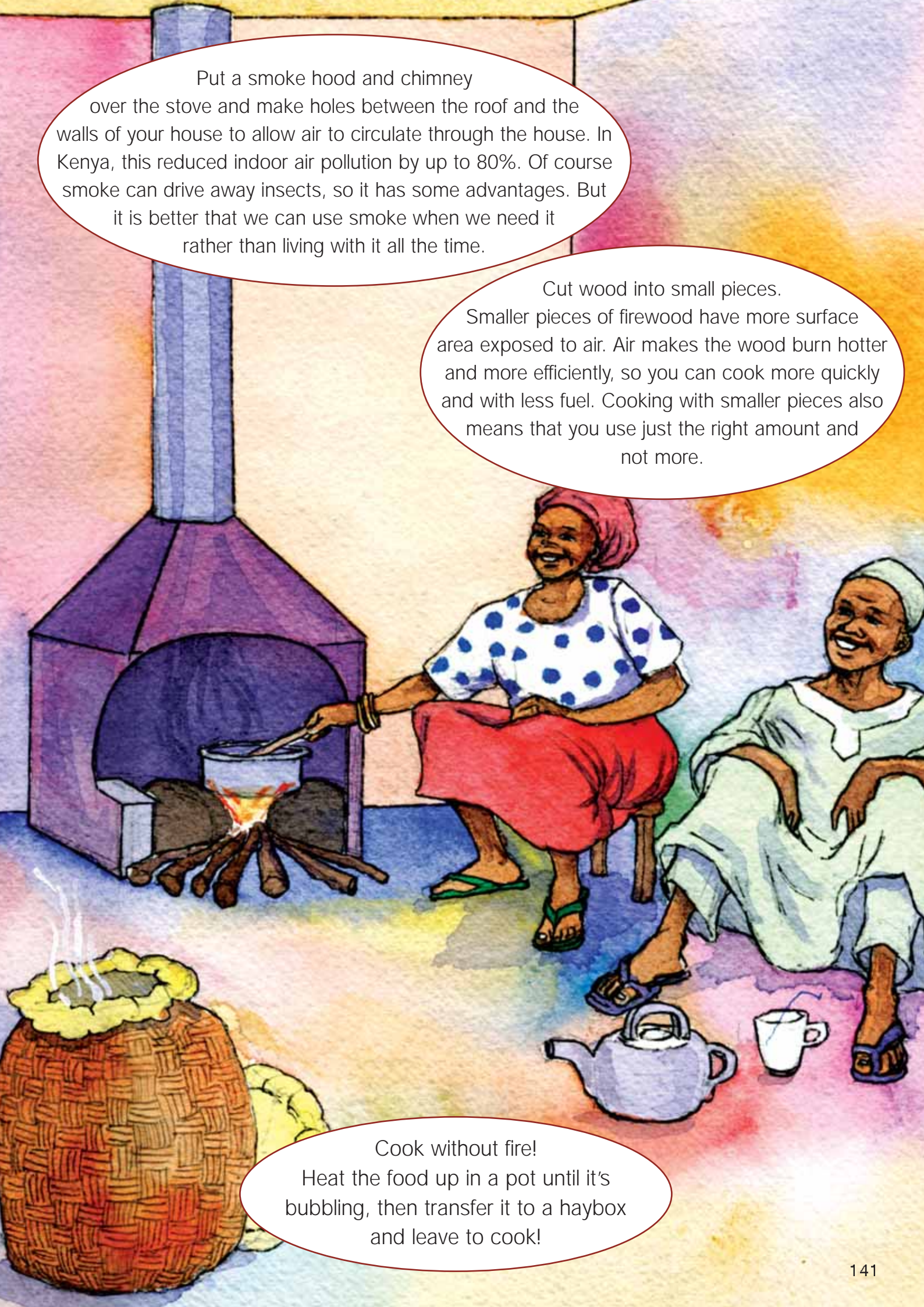
If you live in an area where it gets cold, houses can be built so that they get the maximum possible heat from the sun when it is shining. To store this heat and any heat from indoor fires, the houses need to be well-insulated, but make sure there is still enough ventilation!

i ACTION SHEETS - 63: SMOKE HOODS, 59: MAKE A FIRELESS HAYBOX COOKER, 61: MAKE YOUR OWN SOLAR COOKER, 69: ENERGY EFFICIENT HOUSING



Use the sun instead! Solar cookers and stoves use the sun's energy to cook and heat water

Dry wood is crucial! Wet wood, like green grass or damp paper, contains moisture. The fire has to work hard to drive away the water. Less heat energy is produced, so food takes longer to cook.



Put a smoke hood and chimney over the stove and make holes between the roof and the walls of your house to allow air to circulate through the house. In Kenya, this reduced indoor air pollution by up to 80%. Of course smoke can drive away insects, so it has some advantages. But it is better that we can use smoke when we need it rather than living with it all the time.

Cut wood into small pieces.
Smaller pieces of firewood have more surface area exposed to air. Air makes the wood burn hotter and more efficiently, so you can cook more quickly and with less fuel. Cooking with smaller pieces also means that you use just the right amount and not more.

Cook without fire!
Heat the food up in a pot until it's bubbling, then transfer it to a haybox and leave to cook!