

## To the cooker

A clever yet simple cooker that cooks food without fuel has the power to change a family's life. Mothers no longer have to face the dilemma of whether to send children out for fuel or off to school. They can prepare food at the start of the day and transfer the cooking pot into the fireless cooker—so they are free to go out and spend time generating an income



Rose Nyawir, a 26 year old mother of four, has embraced the fireless cooker and it has truly made an amazing difference to her family's life.

*"I apply some heat to the food in the morning, and then I store it in the fireless cooker, where, as if by some magic, it continues to cook. I can now spend the whole day at market plaiting hair and earning an income."*

*"As a mother, I am now happier, knowing that my son and daughters do not need to spend hours in the heat of the sun foraging for pieces of wood. Who could have known this simple fireless cooker could change things so greatly for us? They can enjoy being children and spend more time in education, making sure they have a better chance in life than I have had".*

## Some food for thought ...

An independent review from one of our recent food based projects in Bangladesh has revealed the following:

- The people who were involved in the project had an increased income, on average, of 69%. This was mainly down to the improving agriculture.
- At the start of the project the households in the project areas could only feed themselves for just over six months of the year. But now they can feed themselves for 11 months of the year, with the potential for the full 12 months.
- During the project the number of children who attended school increased from 39% to 48%, and an increase in the number of years spent at school from 3.24 to 4.06 years.

... please help us to carry on changing lives.

Photographs: Practical Action/ Kenya,/ Sudan/ Bangladesh/ Nepal/ Peru

The Schumacher Centre for Technology and Development, Bourton on Dunsmore, Rugby, Warwickshire, CV23 9QZ UK  
T +44 (0) 1926 634400 | F +44 (0) 1926 634401 | E [practicalaction@practicalaction.org.uk](mailto:practicalaction@practicalaction.org.uk) | W [www.practicalaction.org](http://www.practicalaction.org)

Practical Action, registered office: The Schumacher Centre for Technology and Development, Bourton on Dunsmore, Rugby, Warwickshire, CV23 9QZ  
Company Reg. No. 871954, England | Reg. Charity No. 247257 | VAT No. 880 9924 76 | Patron HRH The Prince of Wales, KG, KT, GCB



Chutney Selling, Bangladesh

Food for Good  
In Action ...

food for good



Food forms a huge part of our work. In simple terms food means life and we strive to ensure that food is available and accessible to the people that we work with. We want to give you as many reasons as possible for joining Food for Good, so please take a few minutes to read these real life stories.

## The groundwork ...

From using improved seed varieties that are suited to their growing conditions, to drip irrigation systems that ensure that the precious water gets right to the part of the plant that needs it most to grow, to promoting sustainable farming in one of the last remaining cloud forests in the Amazon.



Drip irrigation has changed the lives of so many in Southern Africa. Climate change has had a devastating effect on crops and erratic rainfall has threatened precious harvests. Without crops many families face the real prospect of spending months without food. Simple drip irrigation systems have made such a difference, In Zimbabwe Oripa Mudima reported “My crops of maize, wheat and sunflowers increased fivefold.” While in Mozambique, many farmers report they are now able to water up to 200 plants using just one drip bucket kit.

## Blooming great!

In Bangladesh the floods wash away land used to grow produce on, and once they have subsided, the dry arid sandbars that remain aren't good for much. Practical Action has been able to help communities that have lost their land during the floods through floating gardens and sandbar cropping.



Hyacinth roots. Soil. Cow dung. Take these three simple ingredients, add hard work and passion and what do you have? A brilliantly effective solution to hunger. When Tara Begum made her floating garden, she was able to grow some pumpkins, okra and other leafy vegetables despite the floods. Her floating garden helped her to feed her family and to make a small income from the extra food she could sell at the local market. These floating gardens provide families with a little bit of land to make a living off.



## To market...

Not only do we help people to have successful crop yields, we also work in helping people to generate an income from them. Gravity ropeways can make the transport of goods to market much quicker and safer leaving extra time for family and new business ventures. Small business training, coupled with training in food processing also gives communities more opportunities for additional income.



*“Since the ropeway was installed, the cost of transporting my vegetables to market has reduced so much. In the past it used to cost me 75 rupees to carry 60kg now it costs just 10 rupees. I now make a profit from selling my vegetables and my family is seeing the benefits.”*

Mr Ghale, Small scale farmer, Nepal

*“The ropeway does in a single day what used to take 30 days and it's safe. I now earn three times as much from selling vegetables and now I can afford farm animals .”*

Dharma, farmer, Nepal

## To the fridge

One of the most simple technologies that's making a real difference is a zeer pot. Two earthenware pots, one placed inside the other. With wet sand filling the gap between them. As the moisture evaporates the produce in the smaller pot is kept cool significantly extending the life of precious crops.



Alhag Elkheir would regularly produce a small crop of vegetables that could provide several weeks worth of food for his family. But without any means to preserve those vegetables, they went rotten in a couple of days and he would have to watch as his children went hungry—yet his plight was so easily preventable. By placing his crops inside a zeer pot, they last up to ten times longer, and he no longer has to face this heartbreaking situation. As Alhag Elkheir says, “when Practical Action arrived in our village it was the first time anyone had offered us help. We can all see a brighter future ahead of us.”