

Climate Smart Cooking Solution for Women in Pakistan

AHD Brief Profile

AHD is not for profit entity registered in Pakistan under Societies Registration Act: XXI of 1860 in the year 2003. Over the time, AHD has emerged as a local organization; and organization has contributed nationally in Pakistan and it is striving to support to vulnerable communities in African countries as well. We stand as non-government organization and strive for human development through participation, peace and with dignity. AHD emphasize a right based, participatory approaches for community development, where rural people especially women and disadvantaged groups are partners rather than the subjects and objects of development.

AHD has worked for disadvantaged groups and people affected by human and natural disasters in Pakistan and in Africa – Kenya, Uganda and Mozambique. AHD facilitates communities in need and challenges them to participate and explore the solutions which exist within their edge. Since its inception, AHD has built on the experiential learning and feedback from communities and started to support communities for innovative solutions for safe drinking water, preventive healthcare, food security and livelihood; which eventually emerged as its programs.

Consequently, the safe drinking water model which is contextually appropriate, easy to install, verified and internationally recognized; bio sand water filter through Nadi (a clay pitcher) became product of the AHD. This Nadi Filter model has been rewarded and accredited and awarded by GSK-UK, UNHABITAT, Energy Globe Awards, and APFED Showcase as the best safe drinking water solution for developing countries.

AHD by its learning and feedback on innovation on safe drinking water turned to comprehensively look at the rural people especially women who face challenges in water, food and cooking. To this end, AHD introduced organic kitchen gardening and fuel-efficient cooking stoves which are also highly appreciated to bring change in the lives of people especially women to ensure their health, wellbeing and empowerment.

AHD, after its in-depth learning based on applied research within communities, initiated the whole Village Development Model (VDM) and plunged into other sectors like shelter, agriculture, livestock and entrepreneurship; and at the same time kept on supporting those communities in climate change effects in flood emergencies to make them resilient.

Association for Humanitarian Development (AHD) envisions, **“Socially and Economically, Just and Peaceful Society”**. In order to organization’s vision comes in reality, AHD has set its mission statement to ‘offer communities and institutions, the art and set of options, for

their development, empowerment, institutional strengthening and continuous learning within their framework to live with human dignity, social justice, peace, and harmony’.

AHD has its goal to work with people, and communities wherever in the world; to bring together the citizens from disadvantaged groups irrespective of their identity - gender, class, religion or sect, have opportunities for growth, and participation in local and national affairs which impact their lives.

The organization has planned workable objectives to support its mission, AHD has following objectives:

- Explore the viable channels through applied research within communities to build their development, professional skills and leadership capacities to have dignified food, water, and sustainable livelihood through agriculture, livestock, and economic empowerment.
- Promote formal, non-formal, and informal education among children, youth and women of unprivileged communities to raise their awareness about climate change, preventive healthcare, gender, protection, rights so that they use local resources to develop and live with peace, tolerance and harmony.
- Improve resilience of communities for disasters and respond to emergencies by facilitating people to have access to safe drinking water, food, shelter, water and sanitation, and psychosocial support to affected women and children.

Climate Smart Cooking Solution for Women in Pakistan:

The rural poor Pakistan still depends on wood-burning stoves for food preparation and warmth during winter season. Inefficient traditional stoves emit abundant amounts of smoke that lead to health issues such as severe respiratory diseases and eye infections. The large amounts of wood which needs more hours for collecting it. The need is to introduce a new energy-efficient stove that emits less smoke and cuts firewood consumption by 50 percent or less. The fuel-efficient cooking stove which AHD has been promoting has been so successful that it has been appropriated by entrepreneurs and adopted far beyond the original targets. But it needs scale up through leadership, networking, collaborations and financial support to reach as many people as it could save lives and contribute to climate resilience.

It is estimated that a family of 06 to 10 persons in Pakistan uses 10 kilograms of firewood for cooking in a day. And in winter season it reaches to 20 kilograms, because firewood is used for warmth purpose as well. Mostly wood in the rural areas is collected by women, young and adolescent girls and in urban areas they purchase that from retailer shops. The fire wood costs 20 Pakistani rupees for one kilogram in semi urban areas in normal times

and this cost goes up in winter season. Generally, the firewood cost ranges from 50 to 75 thousand Pakistani rupees for a family annually.

According to a 2018 study from the Pakistan Institute of Development Economics (PIDE), citing the United Nations Food and Agriculture Organization, an estimated 72 percent of all wood used in Pakistan is consumed as fuel wood. The same study says that around 51 million people in Pakistan have no access to electricity, while in 2022 PIDE reported that 78% of households in Pakistan have no access to gas to cook foods in their homes. The Pakistan Economics Survey 2021-22 identifies firewood and timber extraction as among the main drivers of forest loss in Pakistan. According to the Sind Forest Department, demand for fuelwood in the province stands at around 6.4 million m³, whereas sustained supply is only around 1.68 million m³, leaving a huge gap between supply and demand.

However, there are the financial repercussion on households especially women. Apart from those other hidden costs, energies, time, and intimidation is involved along with trees cutting in Pakistan. The fire wood costs health of women, they have to pay for medical treatment, and access to doctors by travelling to distant cities and towns. Females pay more of their life credit for firewood cooking through open fire stoves in Pakistan. Because females traditionally are made responsible in Pakistani patriarchal society to cook three times food for whole family. These three to four hours stay with smoke and open fire makes them susceptible to respiratory disease and eye infections.

Notwithstanding, the females have to face financial and health hazards due to smoke and fire wood, but in rural areas of Pakistan females have to collect firewood from jungle, and agriculture field. They have to walk for kilometers to collect firewood for cooking, females spent hours of their daily life on collection firewood, they take that firewood load on their own head, if they do not have support of family to transport that through donkey cart and/or other mean. Their more physical energy is invested on to bring that firewood to home; which deteriorated their health further. Apart from this they are vulnerable to bullying and gender-based harassment in the jungle and agriculture field. It is observed that school going girls are engaged in collection of firewood, whose right to education is snatched at the same time.

Many fire incidents in rural houses are witnessed, where fire has erupted in from open cooking stove and have burned the women and even some cases *katcha*/straw made house are completely set on fire and people's lives, properties are burned and animals are killed.

AHD has distributed 250000 climate smart cooking solutions to women in Pakistan

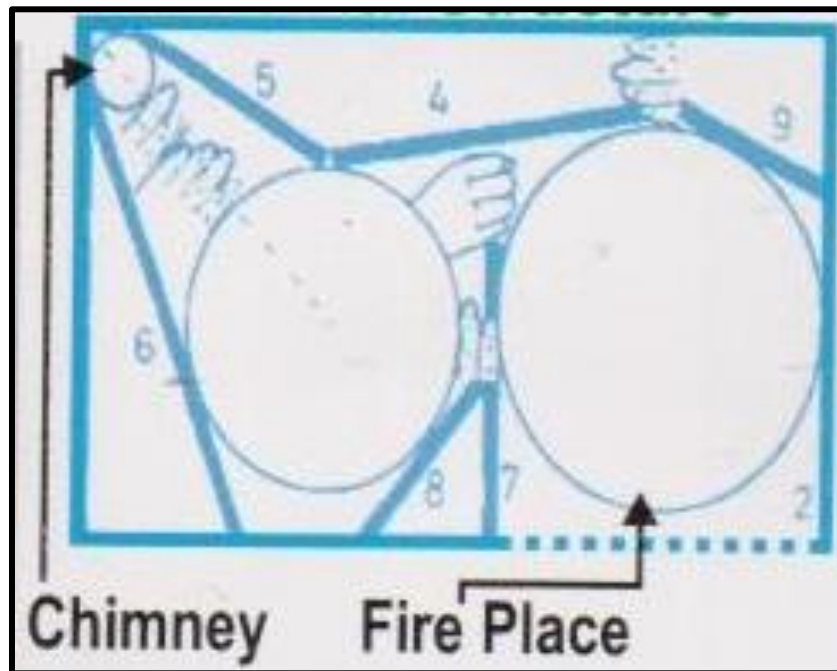
Benefits of Climate Smart Cooking Solution:

1. 60% less wood used for fire
2. 2 stoves working at a time
3. 50 % less time used for the cooking Purposes.
4. Utensils are not more blackish
5. Reduction in burden of women.
6. Having much time to care children
7. Kitchen is clean and not blackish
8. Women health is improved and reduction in CO₂

Traditional Stove Effects on Health

1. More wood consumption
2. 1 stove working at a time
3. Time consuming cooking
4. Utensils are more blackish
5. Increase in burden of women
6. Having no time to care children
7. Kitchen is more blackish
8. Women health Is in danger and increase in CO₂

Climate Smart Cooking Solution Internal Design



Preparation of Methods

<u>Material</u>	
S.No	Items
1	Bricks
2	Tile Frame
3	Clay
4	Wood
5	Cutter Blade
6	Scale



Traditional Open fire cooking



AHD Climate Smart Cooking Solution for Women

