



“The stove is very good; food keeps cooking even when the charcoal is off, our consumption of firewood is very low now.” – Mrs. Moriko Scovia

Save trees and money, use a Lorena stove!

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This is the story of Diima James, a 35-year-old member of Amadrindrea Farmers Group in Moyo District. He is married to Moriko Scovia and together they have three children. The couple is a member of the savings group.

For over 10 years, Scovia has been cooking for the five household members using three stone open fire stove which has been very challenging due to her busy schedules and engagement in other activities like farming, household chores etc. In the process of cooking, fire sometimes goes off, food would get burnt etc. Unfortunately for her, whenever food got burnt, James and the rest of the family never took it lightly. This has prompted disagreements among the family heads let alone distracting her from other activities.

“I encourage everyone in my community and beyond to own the lorena stoves inorder to saves trees and enjoy other benefits that come with this change in cooking technology just as my family has experienced.” Says James Diima.

Additional challenges the family faced from use of the three stone open fire stove included; registering at least one case of cough with a family member on a monthly basis, long cooking hours i.e. five hours to cook beans. Cooking on the other hand became expensive e.g. the family would use one (1) bundle of firewood at Ugandan Shs. 5,000 within one week and five (5) bundles a whole month). More still food cooked on the traditional cook stove was associated with smoke pollution.

In June 2019, James’ family got relieved from the cooking challenges they had lived with for so long when Amadrindrea group (the couple belongs to) received training from Rural Initiative for Community Empowerment West Nile (RICE-WN) on lorena stove construction using anthill/clay soil, and coach grass.

This training was a deliverable under a project titled ‘Clean Energy Project (CEP)’ with funding from World Wide Fund for Nature Uganda Country Office (WWF-UCO) whose goal is; ‘Communities living in the Albertine Graben have adopted sustainable and renewable energy alternatives to reduce dependence on biomass for their energy needs.’ Moyo is among the six project districts where CEP is implemented; belonging to Amadrindrea Group, the couple benefited from the training.

Following the training, Scovia constructed a three (3) in one lorena stove (with three cooking points) in her kitchen for family use. From that time August 2019 she now cooks meals within 1 and half hours to two (2) and the food gets ready, she uses one (1) bundle of firewood for atleast two (2) weeks thereby saving UGX 10,000 in two weeks and 20,000 monthly and the food is clean and aromatic.



The old ordinary cook stove used in the household which consumed a lot of wood fuel, and produced too much smoke.



Mrs. Moriko cooking in a smoke free environment using the constructed Lorena stoves.

Additionally, the family health has greatly improved e.g. occurrence of cough infections on a monthly basis are no more. Mrs. Moriko now has adequate time saved for farming activities, doing other household chores without worrying about food burning or fire burning out among other changes. The family uses money saved from the purchase of firewood to improve intake of balanced diet in the family.



The three newly constructed energy saving stoves that are being used by the family.

The household head remains forever grateful to RICE-WN and partners for the energy saving cookstove construction knowledge and skills imparted in their group members. “I encourage everyone in my community and beyond to own the lorena stoves inorder to saves trees and enjoy other benefits that come with this change in cooking technology just as my family has experienced,” Says James Diima.

RICE-WN has been implementing the CEP since 2017. To date, 6 organized community groups comprising 216 members (169 female, 47 male) have benefitted from the training on construction and maintenance of improved cookstoves.