

FIRELESS BASKET COOKER 1ST COURSE NARRATIVE REPORT

TRAINING VENUE:
KIBUI INVESTMENT CENTRE MARIMANTI, THARAKA



Facilitator: Ms. Annah Gatea

Reporter: Ms. Penninah Muthoni

22nd -23rd March, 2021

Introduction.

Climate change is a global threat that is affecting the entire Tharaka community. Cutting down of trees for firewood, burning charcoal for cooking and for sale is a big threat to the environment especially in Tharaka constituency. Several NGOs and even the government has tried to come up with various solutions to this global issue. Companies are bringing their innovations every day, it is through this that Ms. Penninah met a fireless basket cooker in one of the courses that was supported by a good friend Laura from Germany. This raised a lot of interest from her and the friend after sending the training report. Out of several communications from penninah and Laura, Laura willingly requested and accepted to support this course for 30 participants but in three phases due to COVID -19 pandemic.

Participation

10 women participants were expected in the training but one failed the eleventh hour due to unavoidable circumstance. 9 participated fully from 2 women groups within the community

Fireless basket cooker

Fireless basket cooker cooks using heat already absorbed by the food. In order to cook with the fireless cooker food needs to be heated on a fire or stove first.

The same insulated baskets are very helpful for keeping food warm. Food can be cooked ahead of time and kept hot in the basket to be eaten later. This has many advantages;

1. It helps women to take more control over their time.
2. Food can be cooked at the most convenient time, and also served at the most convenient time
3. If one member of the family is late the food can be kept warm and does not have to be reheated
4. Food can be carried to another place once cooked especially for communal work.
5. It prevents arguments in marriages because hot food can be ready when husband wants it without inconveniencing his wife.
6. The food warmer can also be used for keeping bath water warm.
7. Can be used to keep food cool. It is useful for carrying frozen food from the shop
8. Teams going out for retreats or camps can carry their food ready cooked or go cooking on the way as they travel

Fireless basket cooker is one of the most important technologies ever seen and that is going to be accepted by so many people. This will not only save time for the women

but also will save the environment by a big percentage for one doesn't need much fuel for cooking.

Challenges

1. Time was limited for the participants to learn more things apart from the fireless basket cooker and limited number of participants; Could not hold a big number due to pandemic issue.
2. KIBUI had challenges of renting plastic chairs since it was its first training held at the office. The office is new and in the process of equipping.

Strengths.

1. KIBUI has its own office and training facility, so no hall hire.
2. The facilitators were knowledgeable, so members met their expectations.

Recommendations.

Members recommended to have more trainings even on value addition and other important technologies that will help them.

Participants more so agreed to form a training web; whereby the trained become the community own resource persons in their group to each training the other 2 could they get the training materials and the cycle continues

Appreciation

KIBUI appreciates the support given for the very 1st course by Laura. Your support is highly valued and appreciated very much. The training was not only impactful but eye opening. Created thirst of women in the locality for more trainings and are always willing to sacrifice their time for such and more when called upon. It put a smile below every woman's mask.

Photos.



Up the KIBUI office and Anna Gatea introducing the fireless basket cooker.



Up women at work making their baskets during the course



Up the cooked rice using the basket and right women and men enjoying the cooked rice.



UP Participants happy after completing their work.



Women and guests who graced the training could not end the training without planting trees to mark the successful training