



**Ministry of Agriculture, Livestock, Fisheries and Cooperative**

---

**ENERGY CONSERVATION AND TIME SAVING TECHNIQUES DURING COVID 19 PANDEMIC**

These are techniques that help households save on fuel and time spent on cooking and fetching firewood/fuel. Reducing frequency of fetching firewood/fuel helps households maintain a social distance during the COVID 19 pandemic. The techniques also reduce women workload thus allocating more time for childcare. The techniques also save on cost of fuel. The money spared can be used to purchase diverse foods leading to improved dietary diversity and enhanced body immunity to protect and fight against disease.

**TIME AND ENERGY SAVING TECHNIQUES**

- When cooking grains (cereals, pulses), soak overnight in cold water to soften. This reduces cooking time and increase digestibility while reducing stomach discomforts from pulses.
- Cover foods while cooking, this helps to maintain the hot air inside and fasten cooking.
- Once food starts boiling reduce the heat and let it cook while covered.
- Close the door of a jiko when the charcoal is well lit to ensure the charcoal does not burn out too fast.



Figure 1: Fireless cooker



Figure 2: Improved traditional 3 stone jiko



Figure 3: A Kenyan ceramic jiko with thick lining



Figure 4: Kenyan ceramic jiko



Figure 5: Rocket stove



Figure 6: Jiko kisasa