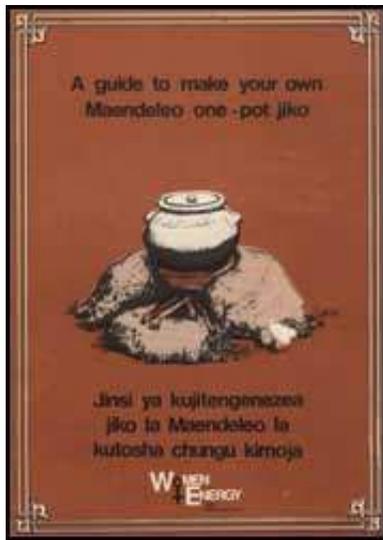


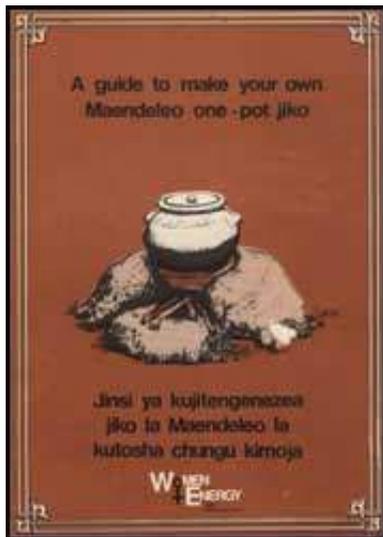
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Introduction



Women have been the focus of utilization of energy because cooking for the family has always been one of their primary tasks. Most women in the rural area cook with firewood. Finding firewood is becoming increasingly difficult.

Kwa vile wanawake ndio hukabiliwa na jukumu la kupikia jamii nzima, basi shughuli nyingi za matumizi bora ya nshati zimekuwa zikielekezwa kwao. Wengi wa wanawake mashambani hutumia kuni kwa upishi wao. Hata hivyo kutafuta na kupata kunikunazidi kuwa ngumu siku hizi.

About the lines



The Maendeleo one pot stove is built around a special pottery liner. This liner automatically gives the proper size door, firebox and pot rests which assures top efficiency.

A tongue supports the wood so air can flow below the wood into the fire, and so that long

pieces of wood will not fall out. By being protected from wind and excess air the fire burns hot and clean.

Majengo wa Jiko la Maendeleo

Jiko la Maendeleo litoshalo chungu kimoja limeundwa kwa njia maalum. Muundo wake wa ndani huonyesha kipimo kamili cha mlango, chuma cha makaa au kuni, na kikao cha chungu kwa matokeo bora.

Kuni hushikiliwa na kijukwaa ambacho huruhusu hewa kupitia chini kwa urahisi mpaka kwa moto ili kuni kubwa zisianguke. Kwa hali ya kukingwa kutokana na upepo na hewa nyingi, moto huo hua mkali na usafi.



Advantages

- 1) Cooking with the Maendeleo Jiko means children are safe from accidental burning so common in kitchens using the traditional three stone fires which have no protective covers.*
- 2) Cooking in a smoke free kitchen with happy children around makes a mother contented.*
- 3) Your Maendeleo Jiko is easy to make. If you get your friends to help you, it will*

only take an hour, and the children will love to take part. If you build your Maendeleo Jiko properly, and take good care of it, it will last for about five years.

Manufaa Yake

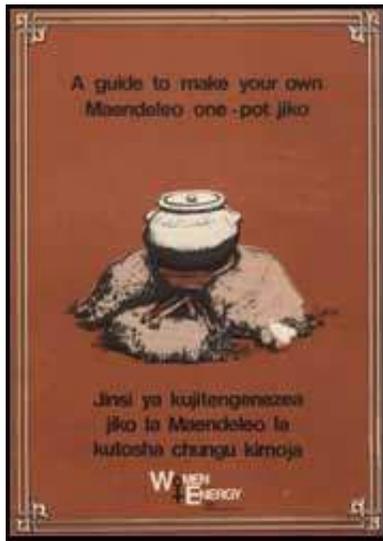
- 1) Jiko la Maendeleo ni salama kwa watoto ambao huepushwa ajali ambazo mara nyingi hutokea katika majiko ya kawaida ya mawe matatu yasiyokuwa na kizuio juu, na ambayo mara nyingi yamesababisha ajali za moto kwa watoto.
- 2) Upishi katika jiko lisilokuwa na moshi na kukiwa na watoto wenye furaha humridhisha mama mwenye nyumba na kumfanya kuwa mwenye furaha.
- 3) Jiko lako la Maendeleo ni rahisi kutengeneza. Ikiwa utapata marafiki kukusaidia, basi litakuchukua saa moja pekee kutengeneza, na watoto wako watafurahia kushiriki katika shughuli hiyo. Ikiwa utalijenga jiko lako la Maendeleo vizuri, na ikiwa utalitunza vyema, basi utaweza kulitumia kwa muda usiopungua miaka mitano hivi.

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Steps to follow - Hatua za kutengeneza

First, buy a stove liner from your local dealer. It only costs sh. 33/-much less than the price of one chicken, or 30 eggs. This is the only money you will spend. All the materials are in your homestead.

Kwanza, nunua mjengo wa Jiko la Maendeleo Kutoka kwa muuzaji aliyekaribu nawe. Bei yake ni shs. 33/- tu, ambayo ni rahisi kuliko bei ya kuku mmoja au mayai 30. Hizi ni pesa pekee utakazotumia kwa jiko lako. Mahitaji yote mengine yatapatikana katika boma lenu.



One wheelbarrow load anthill soil
Shehena moja ya gari ndogo la mkokoteni ya



and 1 wheelbarrow load flat and round stones

udongo wa kichuguu

or 1 wheelbarrow load murrum
shehena kama hiyo ya changarawe



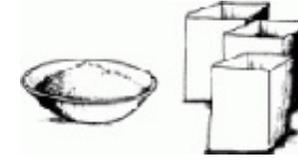
or 1 wheelbarrow load soft under soil mixed with sand and a karai or half debe fire ash

au mkokoteni moja ya mchanga laini uliochanganywa na changarawe pamoja na karai moja au nusu debe la majivu

Tools

Your tools are sufurias, debes, karais, panga, shovel.

Pia utahitaji mkokoteni ndogo moja ya mawe madogo yaliyo mviringo na mengine yaliyo sambamba



3 debes water
na pia madebe matatu ya maji

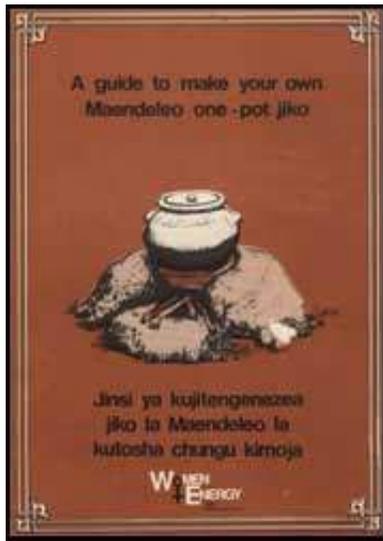
Silaha

Silaha zako za kutengenezea jiko hilo ni sufuria, madebe, karai, panga na mwiko wa kujengea.

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Steps to take - Hatua utakazochukua



Put everything near the site of your new Maendeleo Jiko, the best place is where you cook with the three stones

Weka kila chombo karibu na pahali utakapojengea jiko lako. Pahali bora zaidi kwa shughuli hii ni pale kuna liie jiko la mawe matatu



Level the floor where you are going to put your jiko, and sprinkle it with water to make it damp but not muddy.

Sakafu ya pahali utakapojengea jiko lako ni lazima iwe tambarare, halafu upanyunyizie maji bila kupafanya kuwa na matope



Put the jiko liner in a sufuria of water to get it wet all over.

Hatua ya pili ni kuuweka mjengo wa Jiko la Maendeleo ndani ya sufuria ya maji mpaka liloweke kabisa



Mix the soil and ash properly with a shovel, and then sprinkle it with handfuls of water, mixing all the time, just like making cement. The best way to do this is to have one person turning the soil, and the other throwing on the water.

Halafu changanya udongo na majivu sawasawa ukitumia mwiko wa kujengea. Teka maji kwa mkono ili unyunyize katika mchanganyiko wa udongo na majivu na uendelee kukoroga kama vile ukorogavyo sementi. Njia bora kufanya hivyo ni

kuwa na mtu mmoja akoroge udongo na mwengine anyunyize maji.



Now you must find out if you've prepared the soil properly.

Test it by squeezing a handful of wet soil into a ball, and dropping it onto the ground from your hip.

If the ball falls and breaks, it is too dry. so you will have to add more water.

If it collapses into mud it is too wet, so more soil will be needed. The ball must hold firm.

Hakikisha umetayarisha udongo sawasawa.

Ujaribu kwa kufinya kibonge cha udongo uwe mviringo au mpira, kisha uangushe kibonge hicho kutoka umbali wa kufikia kiuno chako.

Ikiwa mpira utapasuka, basi udongo ni ukavu zaidi, na kwa hivyo lazima uongeze maji.

Na ikiwa kibonge cha udongo kitajikunja kama matope, basi uko mororo zaidi, na

kwa hivyo itakubidi uongeze udongo na mchanga.

Kibonge cha udongo lazima kiwe imara.



Measure a space of at least two flat hands away from the wall, check that the liner is still wet, and place it wide side down on the floor outside that space.

Draw a circle around the liner with a stick, or with your finger. Then place your hands flat on the floor again, against that line, and mark it. Remove the liner.

Pima nafasi ya viganja vya mkono viwili kutoka ukutani, na hakikisha mjengo wa jiko la mabati bado unazizima, halafu uulaze kwa upande wake wa mbavuni katika sakafu mbali na nafasi ulioitenga.

Baadaye chora mviringo kuzunguka ule mjengo ukitumia kijiti au kidole. Halafu weka viganja vya mkono sakafunitena, karibu sana na msitari uliochora, ili uweke alama nyengine. Halafu ondoa mjengo wa jiko la mabati.



Wet some flat stones in a sufuria and, starting from the outside.

Nyunyizia mawe yaliyo sambamba ndani ya sufuria, na kwa kuanza kwa upande wa nje



put them in the inside circle, making sure that no stone is on top of another one.

Weka mawe hayo ndani ya ule mviringo uliochora. Hakikisha hakuna jiwe litakalo lala juu ya lengine



Slap wet soil into the gaps and push everything down hard.

Pachika udongo ulio maji katika mapengo na kisha ufinye kila sehemu chini kwa nguvu.

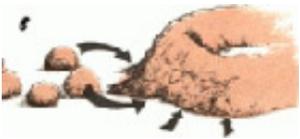


Then cover the stones thickly with soil, and beat firmly with a panga.

Halafu funika mawe kwa udongo mwingi na upigepige kwa panga ili ushikamane

Sokota vibonge vya udongo katika mkono wako, halafu uvisukume imara kuzunguka sehemu ya nje. Tayari utakuwa umejenga msingi wa Jiko lako la Maendeleo.

Roll soil balls in your hands, and push them in hard around the outside. This is the foundation of your Maendeleo Jiko.



To make sure your cooking sufurias will stand straight on the jiko, put a sufuria on the liner just as if you were going to cook with it, and pour in some clean water. Push the liner into the foundation until the water in the sufuria is level.

Kwa kuhakikisha sufuria yako ya kupikia itakaa vyema juu ya jiko, basi weka sufuria juu ya mjengo wa jiko la mabati kama vile ukitaka kupika nalo, kisha uweke maji safi. Gandamiza mjengo huo katika ule msingi wa jiko uliojenga mpaka maji yawe tambarare



Get some more flat wet stones, and fill the outside circle just like you did the inner one. Leave the door way open wide.

Chukua mawe sambamba mengine halafu ujaze mviringo wa nje kama vile ulivyojaza mviringo wa ndani. Wacha mlango wazi kabisa.



Your jiko liner is in place now, so don't lean on it. Add the rounded stones. Its very simple. First add the stones, then fill the gaps with the prepared soil mix and put on a thick layer of prepared soil.

Mjengo wa jiko lako uko tayari sasa na kwa hivyo usiutegemee. Ongeza yale mawe ya mviringo. Kwanza ongeza mawe, halafu ziba mapengo na mchanganyiko wa udongo uliotayarishwa maalum kisha unene kwa utaratibu.



Three layers of stone and soil should be enough to bring the outside wall level with the top of your jiko liner, but the wall height depends on what you are going to cook on your jiko. Women who cook ugali every day prefer a low wall, those cooking githeri like it higher.

Miraba mitatu ya udongo na mawe yanatosha kufanya ukuta wa nje ya juu ya mjengo wa jiko lako. Lakini urefu wa ukuta utategemea na kile utakuwa ukipika juu ya jiko lako. Wanawake wapikao ugali kila siku hupendelea ukuta ulio chini kiasi, hali wale wapikao githeri hupendelea ukuta ulio juu kidogo.

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Don't forget to finish the outside with mud balls at each level. Then level the jiko top and sides firmly with a panga.

Usisahau kumaliza kujenga nje ya jiko lako kwa vibonge vya udongo kila hatua. Baadaye fanya upande wa juu wa jiko na mbavuni laini ukitukia panga.



There's just one more thing to do before you leave your jiko to dry for three days. Air must be able to flow freely so that your Maendeleo Jiko does its work properly and saves kuni. A tongue to support the firewood will give you this free air flow.

Utatakikana kufanya jambo la mwisho kabla kuacha jiko lako likauke kwa siku tatu. Hewa inapaswa kuingia kwa urahisi ili Jiko la Maendeleo liweze kufanya kazi nzuri ya kutumia kuni kidogo. Jukwaa la kushikilia kuni litawezesha hewa kuingia na kutoka kwa urahisi.



Flatten the grate both inside and outside. And put down more wet flat stones a hand's length away from the fire opening and a thumb's distance away from the stove sides.

Lainisha kitu cha kushikilia kuni kwa upande wa nje na ndani, na uweke mawe ya sambamba zaidi yenye kuzizima kiganja cha mkono kimoja kutoka palipo mlango wa kuwashia moto, na umbali usiozidi kidole gumba kutoka mbavu za jiko.



Build the stones up on the outside so that they will hold your firewood up at an angle. The stones must be at least three fingers high. Cover the stones with soil,

and beat with a panga.

Jenga mawe hayo nje ya mjengo ili yaweze kushikilia kuni zako kwa pembeni. Hakikisha mawe hayo yana urefu wa vidole vitatu. Funika mawe kwa udongo halafu usambaze kwa panga.



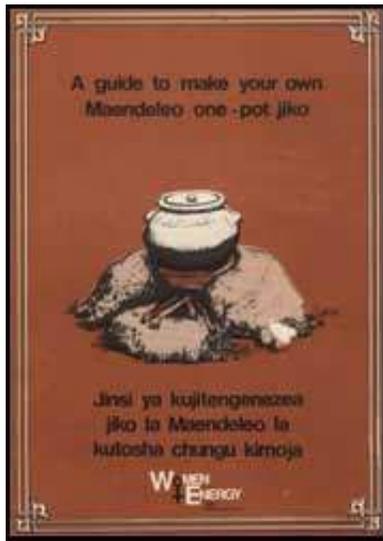
When your stove is completely dry, you might like to smear it with a mixture of ash and cowdung, or ash and cement. If you do, it will need another three days, a week altogether, to dry before you light your cooking fire.

Wakati jiko lako limekauka kabisa, unaweza kulipaka na mchanganyiko wa majivu na kinyeshi au mavi ya ng'ombe, au majivu na sementi. Ikiwa utafanya hivyo, litahitaji siku tatu zaidi au juma moja kukauka, kabla kuwasha moto wako wa kupikia.



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Kitchen Management - Usimamizi Bora wa Jikoni

👉 ***Always keep your kitchen clean***

👉 ***Make sure you arrange kitchen items in such a way that minimizes walking distances within the kitchen area.***

👉 ***Make sure you repair your stove as soon as cracks appear by smearing***

👉 ***Store your firewood well to enhance drying***

👉 ***Sprinkle earthen floors with water before sweeping to minimize dust.***

👉 ***Cover cooking utensils***

👉 ***Hakikisha jikoni kuna usafi wa hali ya juu daima.***

-  **Hakikisha vitu vya jikoni vinapangwa kwa hali ambayo itapunguza kutembea juu chini.**
-  **Hakikisha unatunza jiko lako kwa kuziba nyufa mara tuu zinapotokea kwa njia ya kupaka majivu na sementi.**
-  **Weka kuni zako kwa njia nzuri ili zikauke kwa haraka.**
-  **Kwa sakafu za udongo, nyunyiza maji kabila kufagia ili upunguze hali ya vumbi.**
-  **Pia hakikisha umefunika vyombo vya kupikia na kupakulia chakula.**
-  **Panga taratibu yako ya matumizi ya kuni, na upishi, na hali kadhalika ujue ni chakula gani ungetaka kupika kwanza.**

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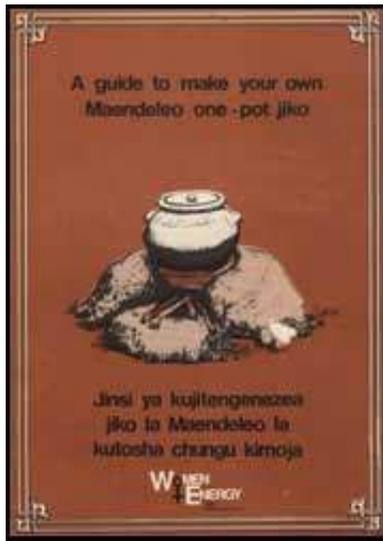
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Energy Saving Tips - Mawaidha ya Kuokoa Kuni

-  ***Use a few thinly-split fuel stick - two or three are enough***
-  ***Reduce the firewood once the cooking dish has come to a boil.***
-  ***Cover the cooking pot with a lid whenever possible and always avoid overcooking.***
-  ***Soak some foods such as maize and beans, green grams (pulses), before cooking.***
-  ***Before cooking some foods such as sweet potatoes, yams, arrow roots, and cassava, chop them into small.***
-  ***use dry wood. You will have less smoke and energy will not be used up drying the wet wood before it burns.***

Tumia kuni zilizochongwa nyemba mbili au tatu zinatosh

 **Punguza kuni mara tu chakula kikianza kuchemka. Pia tumia kifuniko juu ya chungu cha kupikia. Usipike chakula kwa mda mrefu.**

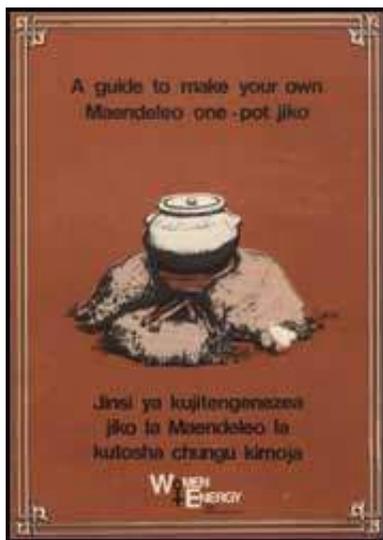
 **Kwa vyakula kama mahindi, maharagwe, viazi na pojo, hakikisha umeviloweka kwa maji kabla kupika.**

 **Na vyakula kama viazi vitamu, viazi, muhogo, na aina nyingi za mizizi, hakikisha umevikatakata kwa vipande vidogo kabla kupika.**

 **Tumia kuni kavu na hutakuwa na taabu ya kupika na moshi mwingi. Pia hutakuwa na taabu ya kungoja kuni zikauke kabla kuanza kupika.**



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Stove Maintenance - Masimamizi Ya Jiko

Any cracks must be repaired

a *Wet the area to help open the crack, and to help the soil mix to stick.*

Nyunyiza maji kwenye ufa ili upanuke zaidi ili pia uwezeshe mchanganyiko wa udongo kushika kabisa



c *Force as many small stones into the crack as you can.*

Sukuma kwenye ufa mawe madogo madogo mengi iwezekanavyo.



Nyufa zote ni lazima zizibwe



b *Carve the crack open all the way to its roots.*

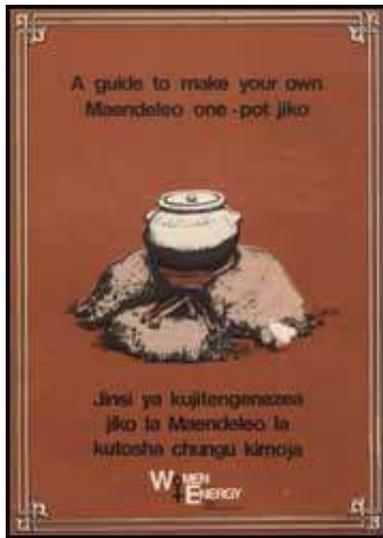
Panua ufa hadi ndani ulipoanzia



d *Pack the crack with soil mix and smoothen*

Jaza ufa hup na mchanganyiko wa udongo kisha sambaza sehemu hiyo.

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The Maendeleo Jiko developed a few years ago by GTZ-SEP in conjunction with Maendeleo ya Wanawake and the Ministry of Energy uses fuelwood more efficiently and economically. With the Maendeleo Stove the kitchen is more smoke free and healthier than it has ever been. The stove has a firewood saving of 30 - 50% compared to the three-stone fire.

Jiko la Maendeleo lililoanzishwa miaka mlchache iliyopita hutumia kuni kwa hali bora, yenye kuridhisha; na kwa njia isio ghali. Jiko hilo lilianzishwa na Chama cha Maendeleo ya Wanawake wakishirikiana na GTZ-SEP pamoja na Wizara ya Nshati, Matumizi ya Jiko la Maendeleo huhakikisha jiko halina moshi na hali njema ya afya. Hili ni jiko la kwanza la kunikuwa na viwango vya kuvutia aina hii. Jiko hili likataoka kuni zako kwa kiwango cha asilimia 30 hadi 50 kulingana na lile la mawe matatu.

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