

### COMPASS Burkina Faso: Improved stoves made from local materials

OCADES Kaya



#### Brief description of the experience / activity.

Environmental protection involves several strategies including the use of improved stoves. Yet, they are not automatically available to all households. To make them more accessible to households in rural areas, COMPASS Burkina promotes improved stoves made from local materials, which are accessible for rural households and easy to replicate.

#### What does this change regarding the situation of the target groups?

The adoption of improved local stoves enhances women's health. Actually, its use reduces women's exposure to the smoke that emerges from traditional stoves built on three stones. There is also the reduction of women's chores caused by the search for firewood, because these stoves require less firewood to cook food. As a result, women can use the time saved on finding wood and cooking to undertake income-generating activities. Finally, there is the development of local expertise. In fact, the women who are trained in the manufacture of improved stoves from local materials can use their knowledge / skills for respective income-generating activities. The main effect of the use of improved stoves is a reduction of carbon dioxide emissions which are contributing to climate change – which in turn has a negative impact on households' agrosilvopastoral production.

#### What is the “specialty” regarding this experience / activity?

- The materials are easily accessible because they exist in the villages (clay, straw, cow dung and water);
- The construction is flexible and easy to learn (size of stoves depending on the pots available);
- The cook is protected from fire and smoke and the kitchen remains clean;
- The stove encircles the flame and thus minimizes the risk of fire;
- Well-directed flames speed up cooking and help save firewood;
- The durability of the kneaded clay stove; movable; repairable in case of fissures;

#### How does it work?

Preparation of materials to use

- assemble a sufficient quantity of clay (preferably from old termite mound), straw, cow dung, water;
- mix clay with crushed straw and dung, wet everything and knead;
- cover the pile with non-crushed straw and allow to “rot” for 4 to 7 days while watering daily;

On the day of construction, after clearing the pile of mixed clay from the non-crushed straw, you must:

- moisten and knead the mixture;
- take the measurements of the pot for which the stove is made and make the corresponding bases with the kneaded clay;
- place 3 stones of your choice on each base previously formed with the kneaded clay and put the corresponding pot on it;
- make kneaded clay bars and cover the pot by making layers up to the two points of attachment (or before) of the pot, then level the layers and smooth them;
- remove the pot at the desired height to shape the bottom and base;
- cover with straw and let dry.



Last step: make an opening on the structure (for the introduction of firewood into the fireplace) before it dries completely;

#### This approach, for whom could it be interesting?

It is of interest to all women in rural areas concerned with the preservation of nature and the protection of their health (related to the smoke they inhale during the preparation of meals for the household).

## **COMPASS South Sudan: Nutrition campaign on moringa**

Solidarity with South Sudan

### **Brief description of the experience / activity.**

COMPASS South Sudan shares an experience about Nutrition Campaign on moringa plant. Central aspects of the campaign were:

- Introducing moringa, an edible and nutritious plant
- Creating awareness to women and the public about moringa plant as nutrition food plant
- Diversify daily meals with moringa
- Improve the nutritional status of children and mothers / lactating women by adding moringa in daily meals.



### **What does this change regarding the situation of the target groups?**

The moringa campaign was organized by COMPASS SSD for women / mothers including the general public in Riimenze camp. The purpose of conducting this nutrition campaign was to introduce moringa to women, mothers and the public to create awareness. This led them to understanding moringa as a food plant which is very nutritious and which – above all – contributes to reducing malnutrition among community family members and particularly small children (of 6 months to 5 years of age), pregnant and lactating women.

### **What is the “specialty” regarding this experience / activity?**

The campaign was also meant to help women to understand that cooking moringa leaves or adding moringa leaves / powder in meals is good for the body. Moringa contains a rich source of vitamins, minerals and amino acids. It has a significant amount of vitamin A and C, calcium, potassium and protein. It provides antioxidants, anti-inflammatory compounds, balancing hormones, slowing the effect of aging, improving digestive health, balancing blood sugar levels, helps fight diabetes, stabilizes mood and protects brain health. Other benefits include increasing energy and endurance, vision improvement, strengthening of immune system, and increased mental clarity. Hence, the moringa awareness campaign helped the women to understand that it is good to include moringa in daily meals.

### **How does it work?**

Additionally to providing the respective information to the target groups, moringa leaves were cooked and samples given to all the women who attended the campaign to test. They became interested and collected moringa seeds from the project for planting in their respective homes. Alongside there was also a moringa booklet (in English and Zande) which was designed and distributed to the women.

A continuous awareness creation to women in all villages will be done by CEWs to make sure women can start the practice of diversifying or enriching their meals with moringa ingredients. Also, COMPASS SSD will continue to organize the moringa nutrition campaign in other localities within its operation areas including Yambio.

### **This approach, for whom could it be interesting?**

This approach is meant for every family, particularly women, in order to know that moringa is an answer to many challenges of malnutrition, it has many health benefits and that it is an advantage to grow moringa for daily home food consumption so as to improve family health and nutrition of small (malnourished) children.

During a CBO partners meeting organized by Caritas in the country office in South Sudan, other CBOs – when they heard about the moringa campaign – were impressed and asked for organizing a moringa workshop for them in Yambio. The COMPASS team accepted and is planning to do the workshop on 25<sup>th</sup> July 2018.

## **COMPASS Senegal: Grain mills managed by inter-village committees**

Caritas Tambacounda

### **Brief description of the experience / activity.**

The profitability of grain mills is particularly related to the demand for services. Thus, it requires a frequent and considerable use to bear maintenance and repair costs, but also to allow all parties (women's groups - WGs, millers) to take advantage of this type of equipment. In the COMPASS program, it was decided to make the work of six WGs easier by providing six cereal mills. Drawing lessons from previous similar experiences, the strategy was to set up inter-village committees for the management and exploitation of the mills. This experience has been initiated in March 2018 and is now a great example for community development.



### **What does this change regarding the situation of the target groups?**

The intervention villages of the COMPASS program in Senegal are largely small villages. CBOs, usually WGs, are formed in these villages to implement productive activities. However, they are often confronted with domestic work including the collection of water and firewood but also the grinding of cereals. These activities take up almost all of their working time and limit the possibilities of implementing income-generating activities. The provision of the grain mills not only reduces women's domestic work time but also removes a very painful and burdensome task. They save at least 3-4 hours of work, which they can use in other productive activities such as market gardening or in child care (e.g. nutrition, improved supervision). Also, the establishment of inter-village mill management committees has created a community symbiosis and a joint understanding around a common interest. 19 WGs are united in a community effort around the six cereal mills and each woman benefits from it. They organize monthly meetings to examine the use / operation of the mill and strengthen their relations.

### **What is the “specialty” regarding this experience / activity?**



If a mill is exclusive property of a WG, women from other villages wouldn't bring their grain to this mill, because they do not consider it their own. However, if the management of the mill is entrusted to an inter-village committee constituted by different WGs, each woman will have interest in and access to the mill and will like to profit from it like the others. Such an option allows an optimal use of the mill, rendering the action profitable and sustainable. In addition, with the monthly meetings to assess mill activities, women find the opportunity to exchange experiences, which reinforces the projects efforts. These meetings also constitute occasions for developing relations and solidarity between the women.

### **How does it work?**

The measure started with a consultation at the level of all the beneficiary groups in order to have their agreement and their commitment to work together around a common interest. Then a general meeting was organized with the same groups to define collaboration modalities and for setting up an office for the inter-village committee. The committee members (President, Treasurer, Secretary) received training for the administrative and financial management of the mill. Each group is represented in the office and monthly meetings are organized to share the results of the use of the mill and to agree on the committee's future activities.

### **This approach, for whom could it be interesting?**

Community development requires innovative and effective strategies, particularly for the optimization of resources and the use of learnings. The results already recorded in this activity, particularly in terms of beneficiaries reached compared to initial plans and the networking of women's groups, are essential elements for community development. Hence, it is interesting for any local development initiative to adopt such measures.

## COMPASS Ethiopia: Improved tree seedlings

ECC-SDCCOM



### Brief description of the experience / activity.

Within COMPASS Ethiopia, 200,000 tree seedlings are prepared (40,000 seedlings per year). The project team has gained good experiences in managing tree seedlings at the nursery site for one and a half years (extended period) before transplanting them to the field. This reduces the seedling mortality rate and enables the development of strong plants.

### What does this change regarding the situation of the target groups?

Trees are essential to our lives and integral part of our landscape. They play many roles and give a multitude of benefits to society such as fuel, food, shelter, shade, timber, conservation of soil and water as well as improved air quality. There is an increasing strategic focus on trees, playing an important role in the Natural Resource Conservation Plan. Meeting the increased demand for tree seedlings helps to contribute to the region's well-being.

### What is the “specialty” regarding this experience / activity?

Preparing tree seedlings at the nursery site for one and a half years – including shifting them from small size polythene tubes to larger ones (25cm) – helps to increase the survival rate of tree seedlings during field plantation. Likewise, the seedling is able to grow vigorously. Formerly, tree seedlings were usually prepared in small plastic bags (10-15cm) for a period of 6 months only. Since the bags were small, seedlings didn't get enough space and nutrients to grow in a good manner. Hence, the survival rate of tree seedlings increased from 16% to 66% with the new technique applied in COMPASS. This means that seedling mortality decreased from 84% to 34%.

### How does it work?

Within COMPASS, tree seedlings are prepared at the nursery and demonstration centers, where they stay for 18 months:

- First the seed is sown into a small bag, where it is managed for 9 months.
- Then, you change the seedling to the larger bag, where it stays for another 9 months. Changing the bag can make the seedling grow more robust and healthy at the centers.
- When the size of the bag is changed to the larger size the laborers harden off the tree seedlings so they can resist harsh conditions during transplantation. “Hardening off” is the process of moving plants outdoors for a certain period of time in order to gradually introduce them to the direct sunlight, dry air, and cold nights. You increase the exposure to sunlight a few hours at a time and gradually reduce the frequency of watering, but do not allow seedlings to wilt.
- Afterwards, it can be transplanted to the field.

### This approach, for whom could it be interesting?

This approach is important for COMPASS project beneficiaries and local populations. In Ethiopia, the project team provides prepared tree seedlings to selected model farmers from the project target groups, to other members of local populations and to different organization / projects who work on natural resource management.

