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Utsil Naj - “A healthy home for all”

Utsil Naj in Honduras uses clean cooking technology to help families enjoy their traditional food in a healthy and sustainable way.

Central America is one of the regions in the world most affected by **climate change**. In particular, Honduras is located in the “Dry Corridor”, where **extreme weather** events have been intensifying with the climate crisis, thus threatening the livelihood and well-being of the communities who live there, mostly **farming communities** who depend on their crops as a source of income and food. A significant proportion of these same communities still cook on **open stoves** with biomass. This has a **huge impact** on the environment and their health.

This reality is even more alarming in Honduras, where **80%** of rural communities use **wood for cooking** and **families congregate** close to the smoke from the open flames. This can lead to coughing, back pain and eye irritation. More importantly, **respiratory conditions** have become more common in these communities.

The Utsil Naj project in Honduras aims at addressing these challenges in an innovative way. Switching to **improved cookstoves** (ICS) reduces the use of firewood and **lowers carbon emissions**, all while expelling the toxic fumes outside the users’ homes. This dramatically **decreases** household air pollution (HAP), a leading cause of many heart and lung diseases. With the use of ICS, families can continue to **enjoy** their traditional way of life without putting their **health** or the **environment** at risk.

* Assuming firewood used comes from pine plantations with 3x3 meters apart.

Honduras, Central America



- 📍 Making an Impact since: **2012**
- 📍 Technology: **Improved Cookstoves**
- 📍 Community members benefited to date: **7,736**
- 📍 Emissions avoided since the beginning of the project: **6,648 tCO₂e**
- 📍 Trees saved to date: **184,945***



7,736

Number of community members benefited



Lower household air pollution



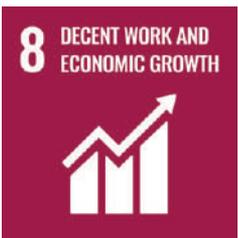
93%

of beneficiaries participated to capacity-building activities about the use and the benefits of the ICS



1,466

Number of improved cookstoves installed



Inclusive economy and new job opportunities



6,648
Tonnes of greenhouse gases avoided



10,178
Tonnes of firewood saved a year



The project is certified by the prestigious **Gold Standard**. Its impacts on our communities and our planet are carefully measured and reported as contributions to achieving the **Sustainable Development Goals (SDGs)** defined by the United Nations (UN). The indicators shown above are taken from the last verification of the project, from the period 2012-2014

Impacts and project benefits

In addition to the **environmental impacts** generated by the project, Utsil Naj has a profound **social and economic impact** on the most vulnerable communities, lowering the risk of respiratory conditions, boosting local employment and reducing the time spent gathering firewood.

This is particularly important in Honduras, where communities face the **added threat** of organised crime and drug trafficking. Women and young girls are often tasked with gathering firewood, potentially **exposing themselves** to dangerous situations. By reducing the **time** they have to **spend outside** gathering wood, these families are kept safe and can **better invest** their time in academic or professional activities.

Revenues from the carbon credits sales are entirely **reinvested** in our projects. Microsol commits **100%** of carbon credits sales to **make sure** all of our projects' impacts are **maintained over time**. This includes monitoring, and maintenance activities, and eventually the inclusion of **new families** into the programme so more can **enjoy the benefits** of this solution.

Increased well-being for the entire family



This type of ICS is popular among women who make the switch because it is convenient to cook many tortillas at the same time.



Working with communities to fight climate change.

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