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# SMALL HAND

## YOUNG KIDS AMBASSADORS FOR CLEAN COOKING



**SMALL HAND**  
**OUR SCHOOL CLEAN**  
**COOKING CLUB**



**STUDENT MANUAL FOR ESTABLISHING SUB-CLUBS ON ENVIRONMENT CLUBS IN SCHOOLS**

SUPPORTED BY



DEVELOPED BY



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Sustainable Energy for All (SEforALL) is an international organization that collaborates with governments, private sectors, and civil society to accelerate progress toward Sustainable Development Goal 7 (SDG7), which aims for universal access to sustainable energy by 2030. Achieving this goal requires a transformation in how energy is produced, distributed, and consumed, ensuring that no one is left behind.

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# 1. INTRODUCTION

Welcome to the **Small Hand - Young Kids Ambassadors for Clean Cooking** initiative! This manual is designed to guide students in establishing sub-clubs within existing environmental clubs in schools, promoting clean cooking solutions with a focus on **Electric Pressure Cookers (EPCs)**.

Welcome to the Student Manual for Establishing Sub-Clubs on Environment Clubs in Schools! This guide is designed to help you create and manage a sub-club focused on promoting sustainable cooking practices through the use of Electric Pressure Cookers (EPCs) in your school. By championing the **Electric Pressure Cookers for Schools (EPC4S)** initiative, your sub-club will contribute to reducing energy consumption, minimizing carbon emissions, and fostering a culture of sustainability among students and staff.

This manual provides step-by-step instructions, tips, and resources to help you establish, organize, and grow your sub-club. Let's get started!

## 1.1 UNDERSTANDING THE EPC4S INITIATIVE

The **Electric Pressure Cookers for Schools (EPC4S)** initiative aims to:

- Reduce the environmental impact of cooking in schools by replacing traditional cooking methods with energy-efficient electric pressure cookers.
- Educate students and staff about sustainable cooking practices and their benefits.
- Promote awareness of energy conservation and climate action.

## 1.2 WHY ELECTRIC PRESSURE COOKERS?

- They use up to 70% less energy compared to conventional cooking methods.
- They reduce cooking time, saving both energy and resources.
- They produce fewer greenhouse gas emissions, contributing to a healthier environment.

# 2. OBJECTIVES OF THE SUB-CLUBS

- Promote clean and sustainable cooking in schools.
- Educate students on the benefits of Electric Pressure Cookers (EPCs).
- Encourage a shift from traditional biomass-based cooking to clean energy solutions.
- Foster environmental stewardship through reduced carbon emissions and deforestation.
- Engage in awareness campaigns and activities to support clean cooking initiatives.

## 3. ESTABLISHING A SUB-CLUB

### Step 1: Formation

- Identify interested students within the school's environment and social club.
- Select club leaders, including a **chairperson, secretary, and treasurer**.
- Define the sub-club's mission, aligning with the broader environmental club.

### Step 2: Registration & Recognition

- Present your idea to the main Environment Club or school administration.
- Register with the school administration and obtain approval.
- Partner with teachers and staff for mentorship and guidance.

### Step 3: Define Your Mission and Goals

- Draft a mission statement for your sub-club. Example: "To promote sustainable cooking practices in our school by advocating for the use of electric pressure cookers and educating our community about energy conservation."
- Set clear, achievable goals for the year (e.g., hosting 3 workshops, reducing energy use in the school kitchen by 10%).

### Step 4: Create a Leadership Team

- Assign roles such as President, Vice President, Secretary, and Treasurer.
- Ensure each member has specific responsibilities to keep the sub-club organized.

### Step 5: Plan Your First Meeting

- Schedule a meeting to introduce the sub-club, discuss goals, and brainstorm ideas.
- Invite a teacher or staff member to serve as a mentor or advisor.

## 4. CLUB ACTIVITIES & ENGAGEMENT

### 4.1 EDUCATIONAL WORKSHOPS

- Host workshops to teach students and staff how to use electric pressure cookers.
- Invite guest speakers, such as chefs or environmental experts, to share insights.

### 4.2 COOKING DEMONSTRATIONS

- Organize live cooking demonstrations to showcase the benefits of EPCs.
- Prepare and share delicious, energy-efficient recipes.

### 4.3 AWARENESS CAMPAIGNS

- Create posters, activities, plays and games content to promote the EPC4S initiative.
- Organize events like "Sustainable Cooking Day" to engage the school community.
- **School Challenges:** Organize "Clean Cooking Challenge" competitions.
- **Tree Planting & Sustainability Programs:** Engage in environmental conservation efforts alongside clean cooking awareness.
- **Community Outreach:** Extend clean cooking awareness to parents and the local community.
- Use morning announcements, bulletin boards, and newsletters to spread the word.

### 4.4 FUNDRAISING AND RESOURCE MOBILIZATION

- Raise funds to purchase electric pressure cookers for learning or for the school kitchen.
- Host bake sales, car washes, or crowdfunding campaigns.
- **School Support** : Seek guidance from teachers, staff, and the main Environment Club.
  - Request access to school facilities for meetings and events.
- **Community Support** : Reach out to local environmental groups or businesses for partnerships and donations.

### 4.5 COLLABORATIONS

- Partner with local businesses or environmental organizations to support your initiatives.
- Work with the school cafeteria to implement EPCs in daily cooking.
- Establish/Participate in school fairs and environmental events to showcase your work.

## 5. BENEFITS OF CLUB

- **Environmental Benefits:** Reduces deforestation and carbon footprint.
- **Health Benefits:** Reduces indoor air pollution, preventing respiratory illnesses.
- **Economic Benefits:** Saves time and energy costs compared to charcoal and firewood.
- **Safety & Efficiency:** Ensures safer and faster cooking methods in schools and homes.

## 6. ROLES & RESPONSIBILITIES OF CLUB MEMBERS

### Chairperson

- Lead the sub-club in planning and executing activities.
- Represent the sub-club in school events and meetings.
- Coordinate with the school and community for EPC awareness.

### Secretary

- Document club activities and maintain meeting records.
- Manage communication with members and the school administration.
- Draft reports on progress and impact.

### Treasurer

- Manage funds for events and awareness campaigns.
- Seek funding opportunities for EPC-related activities.

### General Members

- Participate actively in club events and campaigns.
- Manage communication with members and the school administration.
- Advocate for clean cooking within the school and community.

## 7. MEASURING IMPACT AND CELEBRATING SUCCESS

### 7.1 TRACK PROGRESS

- Conduct monthly meetings to assess progress.
- Track adoption of EPCs in schools and nearby homes.
- Monitor energy savings in the school kitchen.
- Collect feedback from students and staff about the use of EPCs.
- Report on awareness campaign reach and effectiveness.
- Document success stories and best practices.

### 7.2 CELEBRATE ACHIEVEMENTS

- Recognize members' contributions with certificates or awards.
- Share success stories with the school and local community.

## 7.3 SET NEW GOALS

- Use your achievements as motivation to set even bigger goals for the future.

## 8. SUSTAINABILITY & GROWTH

- Partner with clean energy organizations for support and resources.
- Expand membership by involving more students and teachers.
- Promote integration of EPCs into school meal programs.

## 9. CONCLUSION

**Small Hand - Young Kids Ambassadors for Clean Cooking** sub-clubs,

By establishing a sub -club focused on the EPC4S initiative, you are taking a meaningful step toward creating a more sustainable school environment. Your efforts will not only reduce energy consumption but also inspire others to adopt eco -friendly practices . Students become **change agents** for sustainable and healthier cooking practices in their schools and communities. Together, we can champion a cleaner, safer, and healthier future for all! Together, we can make a difference —one meal at a time!

Good luck, and happy Clean Cooking!

**End of Manual**



## ABOUT SEforALL

Sustainable Energy for All is an independent organization, hosted by UNOPS, with a global mandate to accelerate progress on the energy transition in emerging and developing countries. We work at the intersection of energy, climate, and development. We collaborate with governments and partners worldwide to end energy poverty, accelerate the deployment of renewable energy solutions, and combat climate change.

Our vision is a world where everyone, everywhere, can lead a dignified life on a healthy planet, powered by sustainable energy. We promote this vision by pushing for higher ambitions, stronger policies, greater finance flows, increased localization and green jobs, and faster results toward an energy transition that leaves no one behind.

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