

"A HEALTHY HOME FOR ALL"

# Utsil Naj

PROGRAM

The Utsil Naj Program, in Mexico, Guatemala, and 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 most affected by climate change in the world. Particularly, Honduras is located in the "Dry Corridor," a region vulnerable to the effects of climate change. This threatens the security and livelihoods of communities, especially those who depend on their crops as a source of income and food. A significant proportion of these rural communities still cook on open stoves using biomass.

## Honduras, Central America

- Since: **2013**
- Technology: **Improved Cookstoves**
- Beneficiaries: **7,736**
- Emissions avoided: **6,648 tCO<sub>2</sub>e**
- Number of certified Improved Cookstoves installed: **1,466**



This reality is even more alarming in Honduras, as 80% of rural communities use firewood for cooking, and families are exposed to the smoke of the open hearth.

The Utsil Naj Honduras Project seeks to address these challenges in an innovative way. The switch to Improved Cookstoves reduces the use of firewood, decreases carbon emissions, and also expels harmful gases outside the users' homes. This reduces indoor air pollution, which is one of the main causes of various heart and lung diseases in rural communities. Now, families can enjoy their meals without putting their health or the environment at risk.

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# Utsil Naj

contributes to the following SDGs



This project is certified by the prestigious Gold Standard. The positive impacts on our communities and our planet are carefully measured and reported as contributions towards achieving the Sustainable Development Goals (SDGs) defined by the United Nations.



**María Ana Martínez**  
San Pedrito Community - Copán, Honduras

"I used to cook on a clay stove (open fire), but ever since I received the improved stove, I cook everything on it, and it's very quick."

## Improving their lives and the environment



**María Guerra**  
Hacienda Grande Community - Copán, Honduras

"The benefits of this stove are very good because I save a lot of firewood, and the food tastes better (...) I have been using this stove for many years, and it is very useful to me."

## Impacts and benefits of the program

In addition to the environmental impacts generated by the project, Utsil Naj produces a profound social and economic impact by reducing the risk of heart and respiratory diseases, as well as decreasing the time spent on stove-related tasks.

The income from the sale of carbon credits is reinvested entirely into our projects. This includes awareness campaigns and capacity-building activities that encourage more members of vulnerable communities to adopt this technology.

For this reason, it is important to ensure that the Utsil Naj Project in Honduras remains active.

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