

Week Long Cooking Survey

Completed 11/23/09 to 11/30/09

Overview of All Surveys

Stove Type	Number of Days	Hours Cooked	Hrs/Day	Hrs/Week	L Paraffin in week	Weekly Paraffin Expenditure (Rand)
Flame	6	12.43	2.1	14.5	5	32.5
Flame	4	10	2.5	17.5	7	45.5
Gas	8	26.9	3.4	23.5	5	32.5
Electric and Primus	3	9	3.0	21.0	3	19.5
Electric	4	4.5	1.1	7.9	NA	NA

Typical Meals	Average Time Cooked (hours)
<i>African Salad</i>	1.30
<i>Baked Bread</i>	2.50
<i>Meat</i>	1.00
<i>Pap</i>	0.5
<i>Porridge</i>	0.75
<i>Rice</i>	0.61
<i>Samp</i>	3.17
<i>Steamed Bread</i>	2.75

**based on a survey of 6 homes*

**note: Filled out surveys can be found on the following pages*

# People in house:	4
Stove type:	Flame
# burners:	1

Day	L of Paraffin
Monday	1
Tuesday	0
Wednesday	1
Thursday	1
Friday	0
Saturday	2
Sunday	0
Total	5

Date	Meal	Time Cooked (min)	Time cooked (hrs)	# People Eating	Meal Description
11/24/2009	Rice	20	0.33	4	I wash rice with cold water then put to the stove. I pour salt.
11/24/2009	Soup	15	0.25	4	I fry onion then I pour soup and water and wait for 15 min.
11/24/2009	Potatoes	25	0.42	4	I clean potatoes then I put it inside of the pot with water and salt.
11/25/2009	Porridge	30	0.50	2	Boiled water and pour meal-meal with a cup of cold water
11/25/2009	Water	29	0.48	3	boiled water for wash ourselves
11/25/2009	Steamed Bread	3 hrs	3.00	4	Boiled water then I cooked bread.
11/26/2009	Eggs	15	0.25	4	Fry eggs with oil and pour Aromat.
11/26/2009	Pap	47	0.78	4	Boiled water pour salt and meal-meal.
11/26/2009	Soup	15	0.25	4	I fry onion then pour soup and water.
11/27/2009	Eggs	15	0.25	4	Fry eggs with fish oil pour salt or Aromat.
11/27/2009	Samp & Beans	2.5 hrs	2.50	3	I wash Samp & beans then cooked over stove.
11/28/2009	Water	28	0.47	3	Boiled water for wash our bodies.
11/28/2009	Porridge	19	0.32	1	Boiled water then pour meal-meal with a cup of cold water, pour it to the pot
11/28/2009	Rice w/ potatoes	30	0.50	4	Wash potatoes and rice with cold water then pour another water and salt.
11/29/2009	Water	38	0.63	4	Boiled water for our bodies.
11/29/2009	Bread	1.5 hr	1.50	4	Baked bread over the stove.
6 Days		Total Hrs Cooked	12.43		

# People in house:	3
Stove type:	Gas
# burners:	2

Day	L of Paraffin
Monday	2
Tuesday	0
Wednesday	0
Thursday	3
Friday	0
Saturday	0
Sunday	0
Total	5

Date	Meal	Time Cooked (hrs)	# People Eating	Meal Description
11/23/2009	Rice	1	3	Boiled water then put the rice over stove. High setting used.
11/23/2009	Cabbage	1.3	3	Put the cabbage and pure. Boiled water to cook.
11/24/2009	Steamed Bread	2.5	4	Boiled water then cooked bread over stove. High or low setting used.
11/24/2009	Fool meal	3	6	Cooked three pots one by one and boiled the water for rice.
11/25/2009	African Salad	1.3	3	Boiled water then cook mealie meal over stove.
11/25/2009	Potato Chips	1	3	Boiled fish on then cooked chips over stove.
11/26/2009	Porridge	1	3	Boiled water then cook the mealie meal.
11/26/2009	Steamed bread	2.5	3	Boiled water then cooked bread over stove. Low setting or high used.
11/26/2009	Fat Cooks	2	3	Boiled oil then pit the flour into hot oil. Low setting used.
11/27/2009	Meat	1	3	Cooked meat over stove. Middle setting used.
11/27/2009	Rice	1	3	Boiled water then put the rice over stove. High setting used.
11/28/2009	Rice	1	3	Boiled water then put the rice over stove. High setting used.
11/28/2009	Cabbage	1.3	3	Put the cabbage and pure. Boiled water to cook.
11/29/2009	Samp	4	3	Put the Samp into boiled water then cook over the stove.
11/30/2009	Baked Bread	2	4	Put the bread into a pot with flour and oil then cook it.
11/30/2009	Meat	1	4	Cooked meat over stove. Middle setting used.
8 days	Total Hrs Cooked	26.9		

# People in house:	4
Stove type:	Flame
# burners:	1

Day	L of Paraffin
Monday	0
Tuesday	1
Wednesday	2
Thursday	1
Friday	2
Saturday	0
Sunday	1
Total	7

Date	Meal	Time Cooked (hrs)	# People Eating	Meal Description
11/24/2009	Rice and Cabbage	2.5	4	Don't wash the rice before cook. I cook first because the starch comes out all. My stove is not huge. Low is normal if Paraffin is finish is low.
11/25/2009	Stamp mealies	2.5	4	
11/26/2009	Steamed Bread	2.5	4	
11/27/2009	Rice, Cabbage, Potatoes	2.5	4	
4 Days	Total Hrs Cooked	10		

# People in house:	3
Stove type:	Flame
# burners:	1

Day	L of Paraffin
Monday	2
Tuesday	1
Wednesday	1
Thursday	1
Friday	1
Saturday	1
Sunday	1
Total	8

Date	Meal	Time Cooked	# People Eating	Other Comments
11/23/2009	Rice and Meat	6:30pm	3	Boiled water to cook Porridge
11/24/2009	African Salad	12:30 PM	3	Boiled water to wash our bodies.
11/25/2009	Rice and Soup	13:30pm	3	Boiled water to make tea
11/26/2009	Bread and Egg		3	I use flame stove everyday to wash our bodies.
11/27/2009	Stamp Mealies	3:40pm	3	
11/28/2009	Pap and Meat	5:30pm	3	
11/29/2009	Baked Bread	1:30pm	3	
		*note, misunderstood how to fill in the time		

# People in house:	1
Stove type:	electric
# burners:	2

Day	L of Paraffin
Monday	NA
Tuesday	NA
Wednesday	NA
Thursday	NA
Friday	NA
Saturday	NA
Sunday	NA
Total	NA

Date	Meal	Time Cooked (hrs)	# People Eating	Meal Description
11/25/2009	Stamp mealies	3	1	Boiled water then cooked Samp, medium setting.
11/26/2009	Rice	0.5	1	Boiled water then cook rice over stove, high setting.
11/27/2009	Pap	0.5	1	Boiled water, pour meal-meal stir, low setting.
11/28/2009	Macaroni	0.5	1	Pour boiled water and macaroni inside, medium setting.
4 Days	Total hrs Cooked	4.5		

# People in house:	3
Stove type:	Electric and Primus
# burners:	2 and 1

Day	L of Paraffin
Monday	1
Tuesday	1
Wednesday	0
Thursday	1
Friday	0
Saturday	0
Sunday	0
Total	3

Date	Meal	Time Cooked (hrs)	# People Eating	Meal Description
11/26/2009	Baked Bread	3	5	Put the oil in pot and made bread.
11/27/2009	Samp and Beans	3	3	Water and salt and oil.
11/28/2009	Steamed Bread	3	5	Boiled water then cooked bread over stove.
3 Days	Total Hrs Cooked	9		

# People in house:	1
Stove type:	primus
# burners:	1

*did not fill out week long survey

Day	L of Paraffin
Monday	2
Tuesday	2
Wednesday	1
Thursday	3
Friday	2
Saturday	1
Sunday	4
Total	15
*Uses Paraffin for lamp as well	

# People in house:	4
Stove type:	Gas and Flame
# burners:	2 and 1

Day	L of Paraffin
Monday	1
Tuesday	0
Wednesday	2
Thursday	0
Friday	0
Saturday	0
Sunday	1
Total	4