



**A REPORT FOR THE SURVEY CONDUCTED AMONG ELECTRIC PRESSURE COOKER  
(EPC) USERS**

**December 2023**

## Executive Summary

Electric Pressure Cookers (EPCs) have proved very important among those that adopted them for cooking. Majority of these users claim to have been saved from the high cost of charcoal (35%) when they switched to the use of EPCs. Nevertheless, all the participants expressed satisfaction with their experience in using the EPCs. More evidently, 82% of the users prepare all their meals including breakfast, lunch and dinner using the EPCs. Additionally, a variety of traditional dishes are prepared with the help of the EPC including matooke, rice, meat, beans and molokony.

The EPC is also used by majority (78.7%) of the users on a daily basis while 18% of the participants use the EPC for 3-4 days a week. Also, it takes 30-60 minutes to prepare food with the EPC for 67.2% of the participants, with 36.1% of these spending 30-45 minutes in a single EPC cooking session. These also formed the majority of the participants. Additionally, 31.2% of the users' cooking sessions last at most 30 minutes, with the larger portion (27.9%) spending between 15-30 minutes in a single cooking session with the EPC.

EPC users were highly motivated by their time-saving qualities, efficiency and the cleanliness associated with them compared to use of traditional biomass fuels. These motivations were also reflected in the benefits cited by the participants since their adoption of EPCs. The benefits experienced included the association of EPCs with time saving, money saving, energy saving and convenience. These were highlighted by 25.1%, 23.7%, 25.1% and 24.7% of the survey participants respectively.

While majority were pleased with certain features of EPCs such as automation which captivated 71% of the users, several challenges were highlighted during the use of EPCs. Evidently, 40.7% severely experience power blackouts while cooking with the EPC, while 33.3% complained about the limited pot size of the EPCs necessitating more cooking sessions to prepare the required food quantities. There was also indication of limited knowledge about proper EPC usage by 22.2% of the users. However, there was indication of low energy consumption with only 3.7% of the participants complaining about EPCs energy consumption.

Participants commended the role of promotional campaigns such as EPC demonstrations, market campaigns, radio and TV campaigns and talk shows due to their extensive coverage. Participants also urged for the increased online presence of EPC promotional campaigns, especially on different social media platforms, whose attention has proliferated in the recent years. The survey also revealed that more public sensitization is still needed to ensure that EPCs are used properly. Additionally, results exposed the need for private sector involvement and support so that the sector players can accelerate the extension of EPCs to the general public.

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# 1.0 Introduction

UNACC conducted an awareness exercise in Kampala, about e-cooking and other non-biomass technologies from Feb-May, 2023. The awareness campaign involved demonstrations about how to use electric pressure cookers (EPCs) & other non-biomass technologies. This MECS-supported project resulted to selling of over 400 electric pressure cookers in a period of 3 months. Consequently, there was need to know the experience together with cooking patterns of EPCs, among others. This would facilitate better panning and decisions regarding clean cooking aspects such as power demands. A simple survey was carried out among 60 households using EPCs, the results of which have been prepared in this report.

## 2.0 Results of the Survey

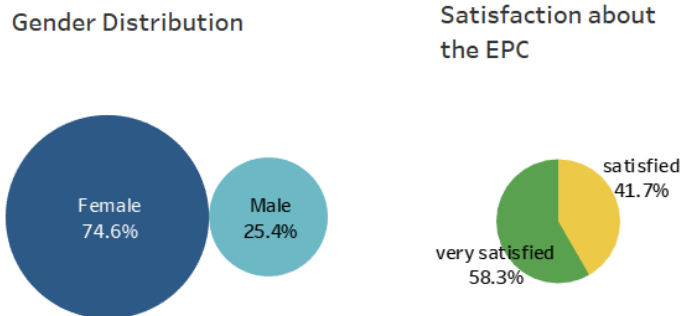


Figure 1: Gender and Satisfaction of the respondents

The survey was participated by more women (74.6%) than men who contributed 24.4% as seen in figure 1. Participants were also asked to state their level of satisfaction based on their experience while using EPCs. Based on this aspect, there was no expression of dissatisfaction about the EPCs among the participants. All the participants expressed satisfaction with 58.3% very satisfied in their experience with EPCs while the remainder (41.7%) was satisfied with the same (see figure 1).

### 2.1 Switching from Traditional Cooking Methods



Figure 2: Reasons for switching from traditional cooking methods

There were several factors that motivated participants to switch from traditional cooking methods that heavily rely on the use of biomass to adopt using EPCs. Majority of the participants (35%) were moved by the high costs of charcoal, while 30% were motivated by the fast-cooking qualities of the EPC (see figure 2). 13.3% of the participants attributed their adoption to the time saved for other activities while 10% attributed it to the convenience. 8.3% of the participants were motivated by the fact that EPCs are clean cooking technologies while 3.3% had other motivations.

## 2.2 Meals Prepared with the EPC

Meals Prepared using the EPC

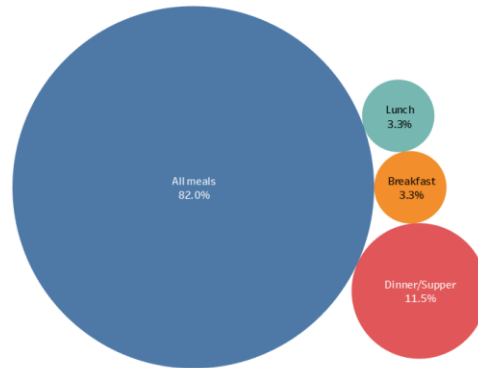


Figure 3: Daily Meals prepared with the EPC

EPCs are used to prepare all types of meals, including breakfast, lunch and dinner by majority of the survey participants (82%) as seen in figure 3 above. Those who mainly use the EPCs to prepare dinner contributed 11.5% of the survey group. The smallest portion of the participants (3.3%) use the EPCs for either preparation of lunch alone or breakfast.

### 2.2.1 Foods Prepared with the EPC

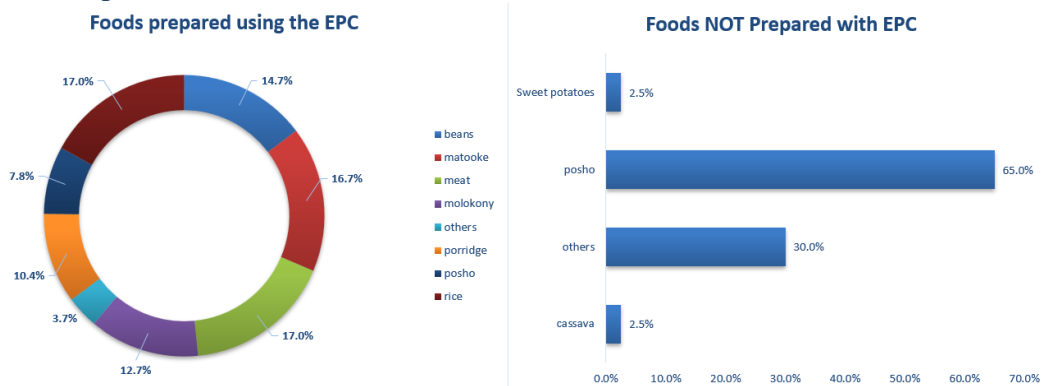


Figure 4: Foods prepared with the EPC

As seen in figure 4 above, there are quite a variety of foods prepared using the EPC, including traditional dishes. Traditional dishes prepared include matooke, beans, meat, rice and molokony, as prepared by 16.7%, 14.7%, 17%, 17% and 12.7% of the survey participants respectively with the help of the EPCs. It is also noteworthy that posho is not only the least food prepared with EPCs (7.8%), but was also stated by

the majority of the participants (65%) as a dish not prepared with the EPC. Similarly, porridge is the second-least dish prepared using the EPC by 10.4% of the participants.

### 2.2.2 Duration of Cooking Sessions with the EPC

Participants also indicated their experience regarding the duration of a single cooking session with the EPC. Over 98% of the participants stated that cooking sessions could last up to a maximum of 60 minutes (see figure 5).

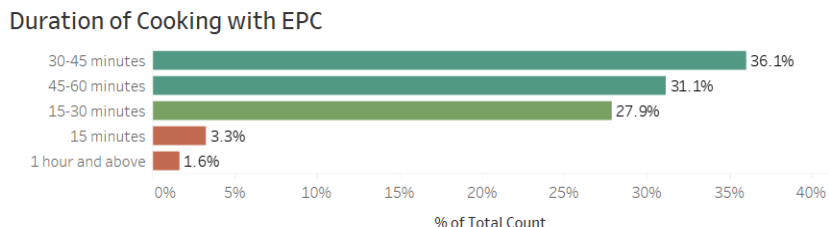


Figure 5: Duration of cooking sessions with the EPC

Also, 67.2% of the participants spend between 30-60 minutes when cooking with EPCs, with 36.1% of these spending 30-45 minutes in a single EPC cooking session. These also formed the majority of the participants. Participants whose EPC cooking sessions last a maximum of 30 minutes contributed 31.2%, with the larger portion (27.9%) spending between 15-30 minutes in a single cooking session with the EPC.

### 2.3 Weekly Usage of the EPCs

Similarly, majority of the participants (78.7%) use the EPCs on a daily basis (5-7 days), while 18% use them 3-4 days a week as seen in figure 6. Only 3% use the EPC for the least number of days a week (1-2 days). Hence, EPCs, once adopted by a household, become a very instrumental part of their kitchen life.

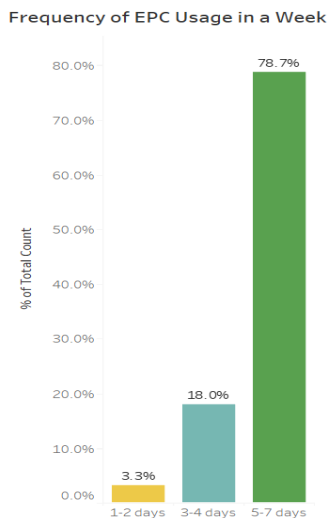


Figure 6: Weekly EPC usage

## 2.4 Motivations for buying the EPCs

As seen in figure 7, majority of the participants were driven by the EPC's faster cooking qualities (26.2%) followed by those who appreciate the efficiency that comes with this clean-cooking technology (22.6%). Another comparable proportion of participants were motivated by the cleanliness associated with the use of EPCs (20.8%).

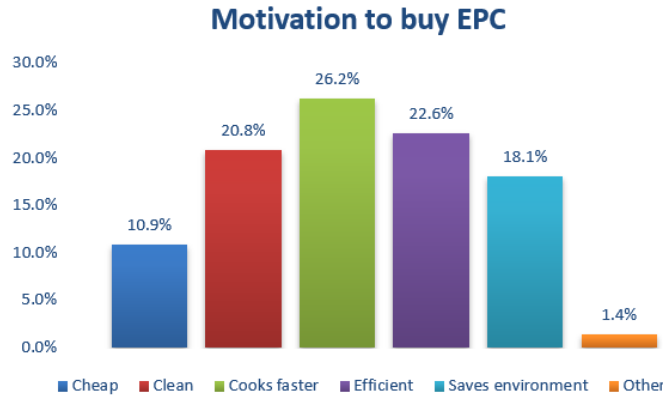


Figure 7: Motivations for buying the EPC

Other comparable drivers include the EPC's contribution to a sustainable environment (18.1%) and the clean-cooking technology's affordability (10.9%). All the latter three motivating factors are a direct step towards the achievement of several Sustainable Development Goals (SDGs) such as SDG 7 that underscores Affordable and Clean Energy and SDG 13 which emphasizes Climate action.

### 2.4.1 Duration with Possession of the EPCs

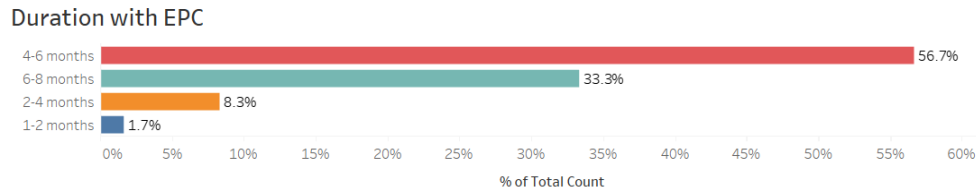


Figure 8: Duration with the EPC

Majority of the participants had been in possession and utilization of the EPC for a period between 4-8 months (90%), see figure 8. Additionally, the largest proportion of participants (56.7%) had been using EPCs for 4-6 months, followed by those who had used EPCs for 6-8 months (33.3%).

## 2.5 Benefits of Cooking with EPCs

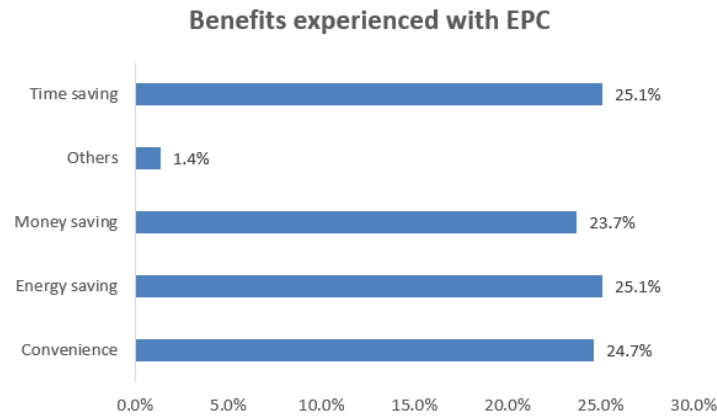


Figure 9: Benefits associated with the EPC

Comparable proportions of participants indicated the different benefits experienced while cooking with EPCs as seen in figure 9. Benefits associated with the use of EPCs included time saving, money saving, energy saving and convenience. These were highlighted by 25.1%, 23.7%, 25.1% and 24.7% of the survey participants respectively.

## 2.6 Challenges with the EPC

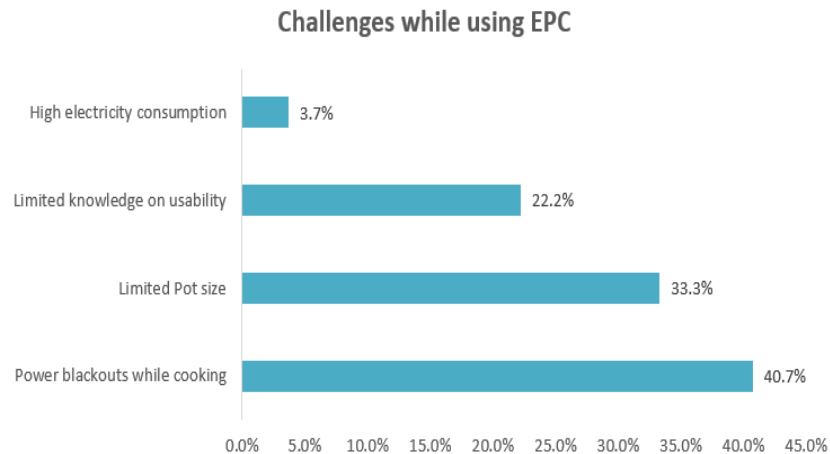


Figure 10: Challenges with the EPC usage

Power shortages remain the biggest challenge among the EPC users, affecting 40.7% of the survey participants (see figure 10). These experience power blackouts during several cooking sessions with the EPC. Another sizeable portion of the participants complained about the limited pot size of the EPCs (33.3%), requiring them to cook more than once in order to prepare the required food quantities. On the other hand, 22.2% indicated limited knowledge about the proper usage of the EPCs. However, only 3.7% of the participants complained about EPCs consuming high electricity. This indicates that EPCs are largely considered to be relatively low energy consuming cooking technologies by the majority of their users.

Other Challenges stated by EPC users included loose covers that result in heat escaping out of the EPC and hence leading to prolonged cooking sessions. There were also concerns regarding the EPC



malfunctions with cases of sudden failure following a period of on-and-off operations and these were observed by 27.8% of the users. Users also reported cases of an E-4 error showing on the EPC and hence malfunctioning (22.2%).

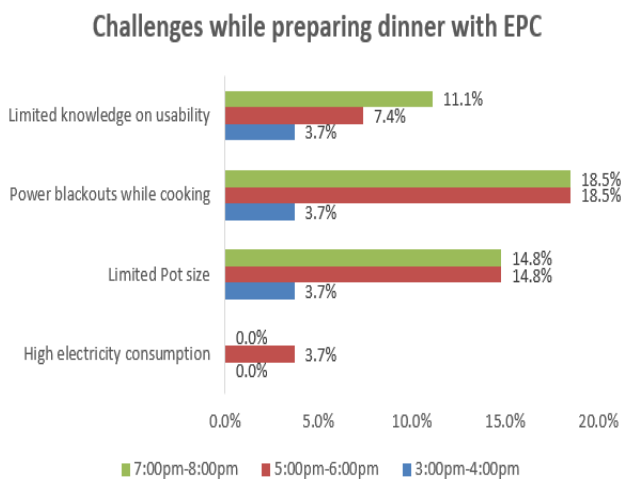


Figure 11: Challenges while preparing dinner with the EPC

It is also noteworthy that majority of EPC users who complained about power blackouts while cooking use EPCs mostly during peak cooking hours (from 5:00-6:00pm and from 7:00pm-8:00pm), and these contributed 37% of the participants (see figure 11). Similarly, majority of EPC users who lack sufficient knowledge on the usability of the EPCs are also using them during peak cooking hours (11.1%).

### 2.7 Feedback on the EPC Promotional Campaigns

Majority of the participants (27%) appreciated the role of conducting EPC demonstrations for the public to get familiarized with the usage of the technologies (see figure 12). This would significantly reduce the knowledge gap on the usage of these cooking technologies. A similar portion (27%) pointed out market campaigns since such activities also incorporate the private sector into the extension of the EPC technologies in the general public in an accelerated manner.

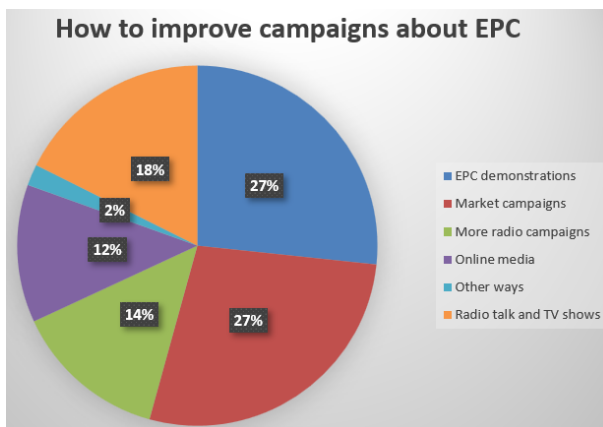


Figure 12: Feedback on EPC promotions

Participants also called out for more radio and television campaigns due to their wide coverage especially in the rural areas where biomass is still heavily relied on for cooking. These contributed 32% of the participants. There were also green flags for more efforts in the use online media to promote the use of EPCs by 12% of the survey participants. This is due to the recent proliferation in the use of online media, particularly social media and its borderless coverage to anyone.

## 2.8 Feedback on the Features of the EPC

As seen in figure 13, EPC users were fascinated with several features of the EPC. Among the survey participants who attempted this section, 71% of them were pleased with the automation of the EPC. The rest were taken by the availability of the preset button (23%) as well as the add/minus button on the EPC (6%).

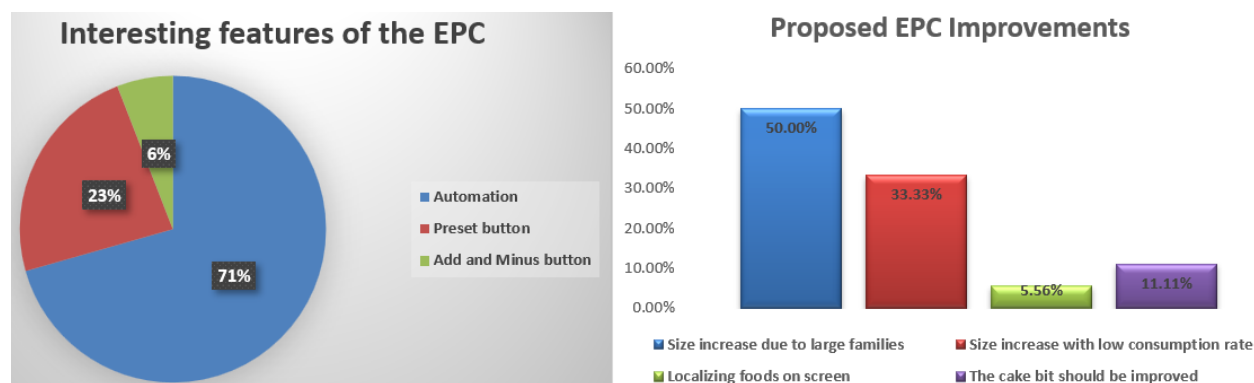


Figure 13: Feedback on EPC features and improvements

Participants also proposed some improvements on the EPC as also seen in figure 13 on the right side. These included the 50% of the participants who proposed increment in in the EPC size to cater for larger families and the 33.3% who proposed the same size increment but with emphasis on lower electricity consumption abilities. For commercial uses, 11.1% of the participants highlighted improvement in the cake features of the EPC. There were also calls for localizing the foods on the EPC screens from the minority of the users (5.6%), who might not have been sensitized properly about the versatility of the EPC in preparation different local foods.

## 3.0 Conclusion and Recommendations

EPCs have been widely accepted as an alternative cooking option by the vast majority of their users, with evidence of a steady (and or complete) transition from traditional cooking fuels towards these and other clean-cooking technologies. Hence, the promotion of EPCs through various channels has been very instrumental in their adoption by the public. However, there is still need for upscaling these promotional campaigns. This will ensure that the rapidly growing population is sensitized to a more significant extent.

Hence, nationwide campaigns are recommended, with intention to extend EPC campaigns to several parts of the country. This could primarily target several cities in different regions of the country. The move will also greatly transform the mindsets of people in and around areas where largescale biomass fuels are produced such as charcoal and firewood. EPC campaigns could also be accelerated through increased use of online media channels such as social media for conducting advertisements about the EPCs. More public sensitization is also needed to ensure that EPCs are used properly. There is also need for private sector involvement and support so that sector can accelerate the extension of EPCs to the general public.