





THE NATIONAL STAKEHOLDERS' SOLAR ELECTRIC COOKING WORKSHOP



eCook - a transformational household solar battery-electric cooker for poverty alleviation.

24th and 25th April 2018

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1









TABLE OF CONTENTS

ABBR	ABBREVIATIONS			
EXEC	JTIVE SUMMARY			
1.0	INTRODUCTION			
1.1	Background 6			
1.2	eCook Concept			
2.0	WORKSHOP PREAMBLE			
2.1	Workshop objectives7			
3.0	WORKSHOP PROCEEDING7			
4.0	DAY 1 – OVERVIEW OF THE PRESENTED PAPERS			
4.1	Introduction to eCook			
4.2	eCook Opportunity in Tanzania10			
4.3	Potential Contribution of Tanzania National Development10			
4.4	Launch of TaTEDO Institutional Stove 13			
4.5	eCook Tanzania Research Findings to Date13			
4	I.5.1 Cooking diaries			
4	1.5.2 Focus group Discussion			
4	1.5.3 Gender and Energy			
4	4.5.4 Choice modeling survey 18 Koul convine Deinte from Foodle Zembie 21			
4.6	Key Learning Points from Ecook Zambia			
5.0	DAY 2 - DESIGN CHALLENGE			
5.1	Design and Assembly23			
5.2	eCook Practices			
5.3	Economics			
5.4	Group Presentation & Prize-Giving Ceremony25			
6.0	WORKSHOP CLOSING			
Anr	nex 1: Workshop Agenda27			
Annex 2: eCook TZ Design Challenge –Judging Criteria				
Annex 3: Website				
Anr	nex 4: Closing Speech			
Anr	nex 5: List of Participants			

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TABLE OF FIGURES

Figure 1: eCook Prototype	6
Figure 2: Dr. Jon Leary explaining the reasons for conducting eCook research in Africa,	
particularly Tanzania	. 10
Figure 3: Participants of the workshop witness the institutional improved cook stove	13
Figure 4: Fire chamber of the Institution stove	13
Figure 5: Charcoal stove (Left) and LPG stove and cylinder (Right)	. 14
Figure 6: Pressure cooker (left), Thermo-pot (middle) and Induction stove (right)	. 14
Figure 7: Rice cooker (left), Electric kettle (middle) and Electric hotplate (right)	. 15
Figure 8: Ms. Albina Minja explaining her experiences before and after cooking by using	
electricity	15
Figure 9:Mr. Shima Sago explaining the ecook findings from focus group	. 16
Figure 10: Miss K. Chepkurui explaining the impact of eCook on gender	. 17
Figure 12: Graph showing the availability of electricity per month	. 19
Figure 13: A graph showing the mobile money usability	20
Figure 14: Participants following a presentation	21
Figure 15: Mbaula (a traditional name for a charcoal stove)	21
Figure 16: Participants into groups	23
Figure 17: Group participants executing design challenge tasks	.24
Figure 18: Group participants discusing design challenge tasks	.24
Figure 19: A panel of judges (from left to right) Dr. Ed Brown from Loughborough University,	
Eng. Ngwandu and Mr. E. Sawe from TaTEDO and Ms. Magdalena Muya from Ministry of	
Natural Resources and Tourism	24
Figure 20: The winners of the eCook Design challenge; "Nishati ya gharama nafuu" group with	h
their prizes	25







ABBREVIATIONS

- MNRT- Ministry Natural Resources and Tourism
- TaTEDO Tanzania Tradition Energy Development Organisation
- MoE Ministry of Energy.
- CEEZ- Centre for Energy, Environment and Engineering Zambia
- DIT- Dar es Salaam Institute of Technology
- TANESCO Tanzania Electricity Supply Company
- NAFORMA- National Forest Management
- WHO- World Health Organisation
- TIRDO Tanzania Industrial Research and Development Organisation
- eCook Battery-supported Electric Cooking
- SHS Solar Home Systems
- PV Photovoltaic
- LPG- Liquefied Petroleum Gas
- ITV- Independent Television
- **TV-** Television





EXECUTIVE SUMMARY

The National Stakeholders' Solar Electric Cooking workshop was held at TaTEDO office at Mbezi juu near KKKT Church, Dar es Salaam on 24th and 25th April 2018. The main objective of for workshop was to explore the opportunity for eCook in Tanzania. eCook is a potentially transformative household battery electric cooker that will soon be cost effective for households cooking on charcoal, LPG and kerosene. In addition it offers a clean cooking solution; provide reliable and affordable electricity access.

The workshop gathered participants from various organisations, companies and agencies for energy both inside and outside the country like the Ministry of Energy, Ministry of Natural Resources and Tourism and TANESCO, Mobisol, Ensol, TaTEDO, Gamos, CEEEZ, DIT, UDSM and some of the eCook project respondents.

The workshop was conducted for two days; on the first day participants were acquainted with the eCook concept, while on the second day attendees get the hands on experiments with eCook appliances. Attendees carried out hands on experiments with eCook appliances, whilst discussed how this new technology can be tailored to best meet the needs of Tanzanian cooks, in particular, those from lower income households, located in urban, pre-urban or rural areas.

eCook CONCEPT (Day one) involved various sessions which among others include;

- Introduction of the eCook and its potential contribution to Tanzania development objectives.
- eCook Tanzania research findings to date.
- eCook Zambia and Myanmar.
- Opportunity and challenges for the eCook Tanzania.

eCook IN PRACTICE (Day Two) basically included the following sessions:

- Design challenge Part I Design & Assembly.
- Design challenge Part II eCooking.
- Modelling eCook.
- Design challenge Part III Economics.
- Design challenge Part IV Presentation & Prize-giving ceremony.

The workshop was concluded by the closing speech from representative of Ministry of Energy, Mr. Jacob Mayalla who expressed gratitude to workshop organizers (TaTEDO, Gamos, Loughborough University, The University of Surrey, DfID / UKAID and Innovate UK) for providing the opportunity to the Ministry of Energy to close the workshop.









1.0 INTRODUCTION

1.1 Background

Different studies show that about 3 billion people in the world cook and heat their homes with traditional stoves fueled by wood or charcoal, which accounts for a large percentage of the greenhouse gases that are polluting our planet. In Tanzania, cooking is keeping millions of women from reaching their full potential. Women and girls spend up to five hours a day cooking and collecting firewood. According to WHO, cooking with charcoal or firewood produce toxic smoke of which women and their families inhale, leading to over 20,000 preventable deaths every year in Tanzania.

According to National Forest Resources Monitoring and Assessment report (NAFORMA), Tanzania loses more than 1000 hectares of natural forest each day due to charcoal production and the loss is increasing fast.

Though there are efforts in place to combat the environmental challenges of the biomass emissions like the use of improved cook stoves which use less charcoal, still they are not sufficient enough to combat health problems associated with their uses. According to WHO, 4 million people die per year due to indoor air pollution (more than malaria and TB).

The eCook concept that advocate for solar electricity cooking, is a clean way to cook that requires only sunshine as fuel. As such, with this technology adopted on a large scale in the country, there will be no need to use firewood, charcoal or gas to the current quantity, only sunshine will be the national fuel instead of the biomass fuels which is the case now. Moreover, around 12\$ used for biomass and charcoal will be saved per month.

Therefore, the National Stakeholders' Solar Electric Cooking workshop explored the opportunity and challenges for solar PV eCook in Tanzania, in the lesson learned from Zambia and Myanmar and way forward for its sustainability.

1.2 eCook Concept

The Solar Electric Cooking (PV-eCook) is a potentially transformative household battery electric cooker aimed to changing the society from traditional harmful cooking ways to new and clean cooking style. In addition to offering a clean cooking solution, it provide reliable and affordable electricity access whereby it can provide lighting and power device like, radios and mobile phones.



Figure 1: eCook Prototype

The proposition of PV-eCook is that by 2020 the cost of using solar photovoltaic panels to charge a battery, and then using the battery for cooking as and when required, will be a



comparable monthly cost of cooking with charcoal and wood in most developing countries. The proposition sits at intersect of two major global challenges; the use of biomass for cooking which is harmful to the household and to the environment, and the challenge to extend modern energy access to all peoples (SDG 7).

2.0 WORKSHOP PREAMBLE

The workshop on eCook - a transformational household solar battery-electric cooker for poverty alleviation was conducted on 24th and 25th April 2018 at TaTEDO office, Mbezi Juu, Dar es Salaam, Tanzania. The workshop was organized by TaTEDO in collaboration with a research consortium, consisting of a development consultancy, Gamos Ltd., and two UK universities, Survey and Loughborough as part of the ongoing project activities which are financed by DFID and Innovate UK.

Different stakeholders was invited and about 34 participants who included the Representatives from the Ministry of Energy, Ministry of Natural Resources, private companies –which mostly deals with energy, the civil society organisations (CSO), Research Institutions, media people and ecook households' participants managed to attend the workshop. See the list of participants in Appendix 4

2.1 Workshop objectives

Main objectives of the workshop were: -

- To introduce and disserminate eCook concept to different energy stakeholders, discuss its objectives and come up with recommendations that could help to implement the eCook concept for the majority
- To share some of the findings of the eCook from Tanzania, Zambia and Myanmar

3.0 WORKSHOP PROCEEDING

The workshop programmes were organized in a manner that each participant could become aware and actively exchange views, experiences and new findings related to the eCook concept and existing opportunities and challenges to stakeholders. The participants started to arrive at the Venue from 8:30am for registration, and the Workshop activities started at 9:30am

The workshop were conducted for two days; on the first day participants were acquainted with the eCook concept, while on the second day attendees get the hands on experiments with eCook. The first day agenda contained five sessions which were the opening session, Introduction of eCook concept, research findings of eCook in Tanzania, Experience from Zambia and Myanmar, and the opportunities and challenges for eCook in Tanzania.



The second day agenda consisted of five sessions; the design challenge part I, design challenge part II, Modeling eCook, design challenge part III and design challenge part IV. See the Workshop agenda Appendix 3

The moderator of the workshop Mr Jensen Shuma welcomed the participants which were followed by the self-introduction from all the participants. Then the host of the workshop, the Chief Executive Officer of TaTEDO Eng. Estomih Sawe gave the welcome remarks. In his remarks he expressed his appreciation for a good turnout of participants despite of their tight schedules, he said that is an indication that all participants recognised the importance of collaborative efforts to promote sustainable cooking energy for all through alternative sources of energy like solar.

He concluded in the welcome remarks by thanking the participants and informed them that the outputs from the discussions, dialogues and experience sharing during the workshop will be useful inputs for implementation of the following steps of the actual implementation of the project.

Presentations of different papers were done by respective resource person for each particular topic. There were plenary discussions, questions and answers by participants after each presentation where by these sessions were led by Mr. Jensen Shuma. Various questions were asked and answers provided.

At the end of the workshop, it was so pleasing to see that participants were very impressed with the eCook concepts, findings and practical applications of electrical appliances like pressure cooker, rice cooker, and thermo-pot and so on.

The two days' workshop was closed by representative from the Ministry of Energy Assistant Commissioner (Renewable Energy), Mr. Jacob Mayalla at 5:30pm.





4.0 DAY 1 – OVERVIEW OF THE PRESENTED PAPERS

4.1 Introduction to eCook

This session was represented by Dr. S. Batchelor from Gamos who introduced the eCook concept. He started by explaining how smoke from the use of biomass kills several million per year (more than malaria and TB combined). Despite years and millions on improved biomass stoves, he said that there is a need for a paradigm shift which refers to a dramatic change in methodology or practice.

He continued by comparing the price of solar panel in 1980s to 2017. He stated that in 1980 the cost of panel was 10 USD per watt whereby in 2017, the cost of panel was 50USD per watt. For this it was informed that it is possible for the price of solar to further go down by 2020. The solar battery (lithium ion battery) prices have also stated to go down while the charcoal was on the rise in price.

He also compared household expenditure with what will be possible as a monthly (household) system cost. Based on research, he said that people pay 12 USD per month on energy for cooking. The question was on how to come up with a solar home system technology which will cost 12 USD per month or less including profit margin.

He pointed out that Africa is fast urbanizing with the population of 472 million and will grow to 659 million by 2025 and 1 billion by 2040. Even in urban setting he stated that people don't cook with electricity because there is no capacity at peak demand (needs demand side management), Brown outs – wiring not strong enough for drawing high current and people can't rely on electricity due to black outs (Load shedding, maintenance).

The solution of the above challenges was stated to be batteries which can be recharged as phone or computer. Charging a battery during night hours, the household would benefit by having reliable, stored energy for consumption whenever they wanted it, and the grid would benefit by effectively having decentralized storage built in to assist with load management. The question was is it possible to come up with portable technology at low price. This was stated to be possible using batteries which are now cheap and the price is going down.

He highlighted that, solar has gained some traction in lighting because it substituted for expenditure on Kerosene (and candles, and batteries). But solar next step is trying now television and refrigeration – because they are low energy consumers. While these enhance quality of life they are not direct substitutions for existing expenditure. To enter into cooking with solar system he informed that it just need a monthly expenditure that could be re-purposed to pay for modern energy infrastructure (giving investors better returns).

He concluded that, the next generation of clean cookstoves is not about biomass, it's about a paradigm shift.











4.2 eCook Opportunity in Tanzania

During presentation, Dr. Jon Leary from Gamos highlighted findings of the preliminary market analysis which was done to assess the global market size and viability of the study for East and Southern Africa. The analysis for PV-eCook showed that;

- 68% of Tanzanians (38 million) live in rural areas, 96% of whom are off-grid (World Bank 2017)
- Market for pico-solar products and SHS is expanding rapidly (185,000 sales in second half of 2016, GOGLA et al. 2016.)
- Favorable environmental conditions (World Climate 2017), but large variation across vast national territory.

He also stated that, in Tanzania, monthly average solar irradiation ranges from 4.5-5.4kWh/m2/day with monthly average temperatures of 20-24°C.

Moreover, space heating with stoves likely to be minimal while battery lifetime/performance not likely to suffer from extreme temperature. Based on the market analysis for Grid-eCook he mentioned that currently only 16% of Tanzanians (9 million) have access to the national grid and only 1% (600,000) uses electricity as their primary cooking fuel. This means the key overlapping target market segments comprised of 9 million in urban slums, 11 million urban off-grid and 16 million charcoal/kerosene users. Based on his findings, 15 million Tanzanians (27%) cook primarily on charcoal, 4th biggest charcoal market in the world after DRC, Myanmar and the Philippines (WHO 2017).



Figure 2: Dr. Jon Leary explaining the reasons for conducting eCook research in Africa, particularly Tanzania.

He concluded by pointing out the key messages from the preliminary market findings as follows:

- Cooking on batteries is possible as most of the Tanzanian cuisines are ecook compatible.
- Battery-supported electricity will be cost comparable with charcoal (clean cooking, access to reliable electricity).
- eCook has a vast transformative potential in Tanzania, there is a need to build long-term partnerships to make this transition happen.

4.3 Potential Contribution of Tanzania National Development

During presentation Mr. Jensen Shuma presented on eCook potential of Tanzania. He started by pointing out key messages which include

- Tanzania is endowed with diverse forms of energy resources which have not been explored including natural gas, hydro, coal, biomass, geothermal, solar, wind and uranium.
- Biomass-to-energy, mostly for cooking is responsible for more than 84% of the total primary energy consumption in Tanzania



- Tanzania has high potential for solar battery electric cooking (solar isolation ranging from 4.69 to 6.24 kWh/m2.day)
- Current trends in pricing indicate that by 2020 solar PV will supply electricity for cooking with 2-3 years payback,
- With proper delivery model both low, middle, and high income households can benefit from solar electric cooking
- With concerted efforts, a portion of the segment of population using biomass for cooking may switch to solar battery cooking in the future

He continued to inform that biomass (firewood and charcoal) is the predominant source of cooking energy in Tanzania which causes health problems to women and children due to indoor air pollution. Other cooking energy options are biogas, kerosene, LPG, electricity and Briquettes. LPG, electricity and briquettes were noted to be used mostly in urban areas whereas biogas is used in specific area depending on availability of feedstock and kerosene is mainly used in rural areas for lighting. He also informed that solar energy potential for cooking has not yet received much attention in Tanzania and thus the new area for intervention.

The contributions of Tanzania national development is as stated in the national policy, strategies and targets. Based on the national policy it was stated that the emphasis is on promoting utilization of alternative fuels to wood based fuels for cooking energy such as LPG, Natural Gas and Electricity. The other national contribution was mentioned on the SE4ALL Action Agenda, of which it target 75% of population with access to modern cooking solutions whereas MEM lead on the creation of a cross-sectoral initiative and define a strategy to foster the use of LPG as a cooking fuel to bring together different on-going efforts and improve coordination across agencies, private sector, CSOs and NGOs. The agenda also required to develop woodfuels (firewood and charcoal) supply and demand master plan for the main supply and demand centres. As for the Biomass Energy Strategy (BEST) it was stated that almost 90% of the demand comes from the household sector, with the remainder coming from household enterprises, commercial, institutional and some industrial demand. Increased charcoal demand over the past years (driven by rapid urbanization and high relative prices or scarcity of energy substitutes, particularly kerosene, electricity, biogas, biomass briquettes and LPG). One of recommendations from BEST is to make non-biomass charcoal and commercial fuel wood alternatives, particularly kerosene (LPG and electricity as well), competitive on a non-subsidized basis in terms of availability and price, with a target of reducing demand for charcoal by an indicative target of 50% by 2020.

He further informed that the most popular cooking appliances in Tanzania are traditional stoves (three stone fireplaces and metal charcoal stoves characterised by inefficient use of biomass fuels), Improved cookstoves (with thermal efficiency ranging from 30 to 65%), LPG stoves (second fuel for cooking in urban areas with distribution of 100-150 million tons), kerosene stoves, biogas stoves and electric cookers. The use of electricity for cooking purposes is still low in the country. It was stated that, based on the Energy Access Status Report 2016, about 0.1% of rural households and 1% of urban households are using electricity for cooking. Also eelectric cookers, ovens and microwaves are used in some medium and high income households and food





businesses which is influenced by income and not affordable to the majority due to high appliance and electricity costs, vulnerable to blackouts.

He also pointed out cooking habit and method of cooking in Tanzania. He stated that people in Tanzania cook varieties of foodstuffs. The country's food portfolio is largely based on starches and proteins like maize, rice, bananas, cassava, potatoes, millet, beans, animal meat, milk, vegetables, etc. There are minor changes on types of food cooked but in urban areas people are eating from restaurant in the morning and afternoon while at home in the evening with limited variation in cooking technologies and practices across different areas of the country. He highlighted that although efficiency and fuel saving are very important factors but other requirements of the user should not be ignored. Some of the user needs include type of food, cooking comfort, portability and safety.

Moreover he said that there is potential for solar battery cooking in Tanzania which is favoured by various factors. These include increasing efforts of the government to extend national grid to peri-urban and rural areas, reasonable solar isolation for adequate solar electricity for cooking in off-grid areas, availability and affordability of efficient electric cooking technologies (electric cookers) in the country, favourable energy policies for alternative cooking solutions and availability of solar energy enterprises which can learn, import and develop battery electric cooking technologies.

Lastly, he recommended partnership with developers of battery electric cooking for a wide spread of this potential to low, middle and high income classes in the country.

Participants had time to reflect on the potential contribution of Tanzania national development, and the questions, and Answers were as seen below;

Qns. This is turn around efficiency for the battery charging, how about the prices, are they not expensive?

Ans: the battery prices are going down and by 2020 it is projected that the cost of a solar system will be able to substitute for an existing expenditure for cooking.

Qns. Batteries are measured in Ah, how do you convert to kWh?

Ans: Electric current is a component of an equation that helps to determine electric power. For instance the batteries rated 12V is approximately 1.2 kWh.







4.4 Launch of TaTEDO Institutional Stove



Figure 3: Participants of the workshop witness the institutional improved cook stove at TaTEDO premises.

The key features of the institutional improved cook stove are

- Improved combustion efficiency i.e emits less smoke and carbon dioxide.
- Improved heart transfer i.e. heat concentration
- Uses less firewood.
- Efficient in schools, prisons, hospitals and hotels.
- Less time to light.

During the workshop TaTEDO CEO, Mr. Estomih Sawe and Eng. Evarist Ng'wandu took advantage to introduce a new institutional improved cook stove that has been designed to accommodate schools, hospitals, prisons and hotels firewood cooking requirements.

This has come up as a result of improvements done from the previous versions of the stoves and awareness and knowledge on environmental effects of traditional cooking stoves, which together paved a way for its market.



Figure 4: Fire chamber of the Institution stove.

4.5 eCook Tanzania Research Findings to Date

The session shared the findings from the Cooking diaries, focus group discussions and choice modeling survey and concluded by answering the question on how the project will have impact on gender.

4.5.1 Cooking diaries

The cooking diaries part was presented by Mrs. Albina Minja from TaTEDO. She informed on key parameters and methods used during cooking diaries research. Based on her presentation, the cooking diaries involved 22 households who cooked with a range of equipment while keeping a 'cooking diary' for 6 weeks; Two weeks of normal cooking (Baseline) and Four weeks cooking with electricity (Transition). The participants of the cooking diaries were required to document, what they cook, when they cook, how they cook and how much fuel they used. The idea of



cooking diary was to see how much energy a typical household consumes and what the cultural 'shape' of their cooking was.

Based on her presentation, the appliances used for the two weeks of normal cooking (Baseline) are charcoal stoves, LPG and kerosene lamp (Figure 5). Cooking with electricity (transition) involved appliances such as pressure cooker, rice cooker, induction stove, electric hotplate, thermo-pot and electric cattle as shown in Figure 8 and 9



Figure 5: Charcoal stove (Left) and LPG stove and cylinder (Right)



Figure 6: Pressure cooker (left), Thermo-pot (middle) and Induction stove (right)



Figure 7: Rice cooker (left), Electric kettle (middle) and Electric hotplate (right)

She further informed the findings on compatibility of the electrical appliance with key cooking processes like boiling, steaming, pressure cooking and frying; and compatibility with key Tanzanian dishes; bananas, meat, ugali, rice, beans and vegetables. It has been revealed that the factors that contribute to energy use & cost are

- Fuel
- Appliances
- Cooking practices e.g
 - o lids on pans
 - boiling vs. simmering
 - marinating (e.g prepare with lime sauce before cooking)
 - Soaking beans
- Foods prepared
 - E.g. beans vs. salad
- Number of people catering for
- Number of times cooking per day

Ms. Minja also shared her personal experience before and after cooking diary study. She informed that before the study, Gas and charcoal were her main source of fuel for cooking. She uses a cylinder of gas for one and half month which cost Tshs 45,000 and 15kg of charcoal per month \approx Tshs 30,000 with long cooking time

During and after the cooking diary study she use an average of 2 units per day = Tshs 704, 60 units per month amounting to Tshs 21,127



Figure 8: Ms. Albina Minja explaining her experiences before and after cooking by using electricity.

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with little cooking time and the food taste the same for most dishes.

On her recommendations, she stated that:

- Cooking on charcoal and LPG is very expensive!
- Preliminary results suggest most HHs can cook with 2kWh/day
- Cooking practices can have as much influence on energy use as appliances and fuels, so could reduce this to below 1kWh/day
- Voltage affects cooking as much as blackouts
- Cooking with electricity is possible in Tanzania

4.5.2 Focus group Discussion

Mr. Shima Sago from TaTEDO presented findings from the Focus group discussion which was done in Ubungo district. The findings showed that different cooking practices are applied to different dishes together with their cooking appliances. For instance Matoke (Banana) with meat or beans, Ugali and fish- sato and Rice & meat are normally cooked on Gas stove or Improved Charcoal Stove or Kerosene stove. The study also found out that females are the main cooks in the households in which 7 out of 8 respondents (87.5%) said Female are the main cooks, 1 respondent said both male and female cook.

Based on preferred appliances, most people use charcoal and LPG stoves for cooking because of their availability and costs. Cooking with electricity is highly preferred only that people feared high costs of electricity and its reliability because of frequent power cut off .



Figure 9: Mr. Shima Sago explaining the ecook findings from focus group.

For future cooking, most people like to use a combination of gas and electricity because of convenience and health issues. It was stated that, if electricity would be available and efficient to every household, majority would use electricity as units can be bought through mobile payment making it easier than gas where you have to go to the vendor.

He concluded that if electricity is available for most households; Men will be involved in cooking; Women will engage more in economic activities to improve their livelihood save more money- and clean environment.

4.5.3 Gender and Energy

The session was led by Ms. Karen from GAMOS (Figure 10). The aim of the study was to assess the linkage between gender equality and energy, introducing gender and energy identify approaches or methodologies for incorporating gender in these works.





From choice modeling findings it has been found that; Majority of females does the majority of the cooking (Figure 11) and on decision making, both male and female decides whether to buy or not to buy a solar panel, similar to bring a cooking device.



Figure 10: Miss K. Chepkurui explaining the impact of eCook on gender.

The stated Impacts of eCook on gender were highlighted as follows;

- Improved energy solutions like ecook benefit all members of the household; women will have less drudgery and better time management, men will have light and entertainment whereas children will enjoy lighting for their studies.
- Improved health due to reduced indoor air pollution and reduced drudgery.
- Improved economic status of women;

more time can be spent on income generating activities such as selling clothes, agriculture and so forth.

- E-cook will enable households with unreliable electricity supplies to cook at a time of their own convenient time.
- A solar home system can also be used for several things such as mobile charging, powering radio and TV and other connective applications.
- There is likely to be a loss of employment and income to men while women are more likely to be retailers.









On her recommendations she highlighted important things to be done in order to incorporate gender in energy (cooking) as follows;

- Invest in awareness rising using social marketing.
- Involve both men & women from the beginning to collect information on designing & marketing a product that will be beneficial & attractive to both men & women, as both are key HH decision makers in Tanzania. E.g. through single & mixed gender focuses groups and surveying both genders in the choice modeling.
- Empower women with knowledge and information on personal level concerning these new technologies.
- Most cooking diary respondents in Tanzania had a negative perspective of pressure cookers because they thought they are dangerous & use a lot of electricity. After extensive training and demonstrations, they all reported their new love for the appliance & now prefer the pressure cooker.
- Conduct parallel research into the best business opportunities for women with the time they save from cooking to help them transition from dependency to independency.
- E-cook should promote a "long term strategy to provide sustainable and affordable supply of clean cooking energy fuels" to prevent relapsing back to biomass fuels.

4.5.4 Choice modeling survey

Dr. Jon Leary (GAMOS) led this presentation. He stated that Choice modeling survey involved 200 participants in the Charcoal markets and it used smart phones to collect data. It aimed at evaluating relative value that participants place on specific features of a product that doesn't yet exist



The findings showed that the electricity is not reliable because of

- Blackouts occurred several hours twice a week (Figure 11).
- Extended to the entire day during load shedding.
- Voltage is high enough for cooking, but likely to be much slower.

19 - Do you currently experience frequent blackouts (more than once a month)? TIPO:'SELECT_ONE'.53 de 54 encuestados respondieron esta pregunta.(1 registros sin datos) 100 90 80 70 60 50 40 30 20 10

Figure 12: Graph showing the availability of electricity per month

Business models

n

• Monthly repayments & utility models seen positively.

Yes, but not due to lo.,

• Mobile money likely to be key payment mechanism, but shared meters may be challenging

Yes, due to load shedding

• Most popular appliances; phones, can easily be powered with surplus energy in an eCook device.



119 - Have you ever used a mobile money service (e.g. M-PESA, Halo-Pesa, Tigo-Pesa, Airtel Money etc.)? TIPO:"SELECT_ONE".51 de 54 encuestados respondieron esta pregunta.(3 registros sin datos)



Figure 12: A graph showing the mobile money usability.

- Culture, perceptions & awareness
 - Social marketing required to demonstrate convenience & cost effectiveness of eCook.
 - Dinner almost always cooked at home, lunch least likely meal to be cooked at home.
 - Some foods may well taste better on charcoal, but they aren't necessarily the foods that people eat everyday and cost savings & convenience may well outweigh small differences in flavour except on special occasions.





4.6 Key Learning Points from Ecook Zambia



Figure 14: Participants following a presentation.

Mr. Francis Mwila from CEEEZ Zambia (Figure 16) shared the experiences he had on the eCook project from Zambian context. He stated that urban, peri -urban and rural areas are using grid electricity, charcoal and firewood to cook the prominent nshima, meat/fish/vegetable stew and fried/steamed greens. The big energy consumers were stated to be beans (2 kWh), roasted fish (1.5 kWh) heaters (1.5 kWh) and pork meat (2 kWh).

The factors that lead to the increase in the use of charcoal were stated to be:

- Frequently load shedding
- More blackouts
- Firewood becoming scarcer in many rural contexts.



Figure 15: Mbaula (a traditional name for a charcoal stove).

He pointed out that with the cost of electricity rising and increased load shedding eCook presents a great opportunity for Zambians to cook beyond 2020 cost effectively.

He finalized his presentation by highlighted the Key learning points for Zambia and Tanzania as follows;

Key Learning points for eCook in Zambia;

- a) Government to set up a loan scheme of paying slow for the ecook
- b) Skills training on energy savings cooking practices
- c) Favorable tax incentive on RE technology such as Ecook

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- d) Ecook technology creates a reliable energy source that reduces pollution, improves health, environmentally friendly, and reduces risk of fires, and also durable.
- e) The strategies to reach market segments will require micro financing through product loan services, saving people/cooperatives, group loans (chilimba), or pay to own.

Key Learning points for eCook in Tanzania:

- Electrical appliances & social marketing campaigns are much cheaper than batteries, so eCook should be packaged with:
 - Energy saving appliances, such as multi-cookers
 - Training on energy saving cooking practices
- Energy = power x time
 - Focus efforts on dishes that use a lot of power, take a long time to cook and/or are cooked frequently
- Pay-as-you-go ... or buy-as-you-go is the most preferred payment system.

Participants had time to reflect on the presentation on key learning for eCook in Tanzania, and the questions, and Answers were as seen below;

Qns. How is the modality of managing pay as you go in Zambia?

Ans: The solar company has structured a good system of which lower income customers are able to take advantage of high quality systems, whilst at the same time improving energy provision and local employment.

Qns. The pay as you go system, is it that a high cost that you pay for some time?

Ans: The pay as you goes allows you to pay some amount and do maintenance and replacing of the appliances

4.7 Closing of the 1st Day Workshop

The first day workshop was closed by Mr. Evarist Ng'wandu who expressed thanks to all the participants who represented their organisations, companies, privately and government owned by attending and actively participated, sharing experiences and gave out their views and recommendation on eCook. He quoted that "A bird sings not because it has answers but it has a song to sing". He said that people need energy for different appliances and that the resources we have on earth are enough to make people happy. He winded up by said that whatever we have done today we will continue with it tomorrow and we will have the song to sing.



5.0 DAY 2 - DESIGN CHALLENGE

5.1 Design and Assembly

Participants of the workshop were asked to take part in a design challenge whereby they were divided into 3 groups (Figure 16) each with 4 to 5 people from various energy sectors. Each group had one cook and one person from the solar lighting/utility & clean cooking sector and where told to initial brainstorm a design solutions, which involved eCook hardware and Business models & marketing strategies.



Figure 16: Participants into groups

5.2 eCook Practices

In this part each group was given tasks as follows

- To prepare TZ meals using chosen appliances in small groups' i.e Banana with meat, ugali with meat and vegetables, rice with beans and rice with meat.
- To record energy consumption using plug in meters.
- Provide feedback from cooks on usability of chosen appliances
- Calculate the energy used by using design challenge modeling spreadsheet,



Figure 17: Group participants executing design challenge tasks.



Figure 18: Group participants discusing design challenge tasks.

5.3 Economics

The group participants s were asked to

- Calculate actual energy used during eCook practice session.
- Modeling of battery/PV hardware required to support cooking.
- Refine eCook packages.



Figure 19: A panel of judges (from left to right) Dr. Ed Brown from Loughborough University, Eng. Ngwandu and Mr. E. Sawe from TaTEDO and Ms. Magdalena Muya from Ministry of Natural Resources and Tourism.





5.4 Group Presentation & Prize-Giving Ceremony.

The session involved presentation of designed challenge of each group in front of the judges and participants. Each group were judged based on five criteria; i) Target market and impact ii) Business model, iii) Responding to cooks' feedback, iv) Technical viability and v) Innovation (Annex 2 illustrate). The winner group was "Nishati ya gharama nafuu" group (Figure 20). The features of their model were as follows

- The Cost and ownership
 - Low cost between Tshs 30,000-35,000
 - Pay as you go system implemented by a private company/agency and categorized according to the income level of the customer.
 - Initial payment of 20% which is about Tshs. 6,000-7,000 per month.
- Marketing strategy
 - o social media campaigns
 - Local campaign.
- Cooks feedback
 - Energy serving
 - Time management
 - o Tidy
 - No smoke and ashes
- Technical viability
 - Backup charging of batteries through grid.
 - Maintenance and replacement of parts to be taken care by private company/agency.
- Innovation
 - A system should have



ports for charging other appliances like torch light, TV, radio and phones and cooking heating water capacity be around 1.5kW.

6.0 WORKSHOP CLOSING

After all the discussions, and deliberation of the workshop, Mr. Jacob Mayala Principle geologist on behalf of the Ministry of Energy presented a closing speech. He expressed his gratitude to workshop organizers (TaTEDO, Gamos, Loughborough University, The University of Surrey, DfID / UKAID and Innovate UK) for the opportunity to the Ministry of Energy to close the workshop. He stated that about a decade, rapid spread of solar PV panels across many countries, particularly here in Africa was observed, which had already transformed millions of lives, however, it has yet to have an impact on the cooking energy needs of poor households.



Based on the recently completed global market analysis he highlighted that, Tanzania has enormous potential for solar battery electric cooking primarily due to more than 84% of people who rely on unsustainably sourced charcoal and firewood for their cooking needs and staple foods that are highly compatible with battery-supported electricity. He added that frequent blackouts, voltage fluctuations, and emerging electric cooking market created a significant opportunity for Grid-eCook.

Moreover, he said that the research findings and demonstrations of solar battery electric cooking observed in TaTEDO during the workshop will have Paradigm Shift to the electric cooking using new and efficient technologies, especially solar electric cooking to thousands of Tanzanians. He requested that the research, workshop reports and recommendations to be shared to the ministry which will enable the Government and other stakeholders to effectively support the proposition into reality.

He concluded by conveying gratitude to the UK Government through their development agency (DfID/UKAID and Innovate UK) for the financial contribution of the research project and workshop.









Annex 1: Workshop Agenda

Agenda - Tuesday 24th April Time Session name Description **Presenters**/ facilitators 8:30-Registration • Welcome & initial networking 9:00 9:00-Mr E. Sawe **Opening session** Speech 9:30 (TaTEDO) Welcome remarks • Agenda & objectives for the workshop Ministry of Opening speech on clean cooking & • electrification in TZ Energy 9:30-Introduction to eCook Dr. S. Presentation 10:00 Batchelor • What is the eCook concept? (Gamos, UK) Overview of eCook research • programme 10:00-The opportunity in TZ Presentation Dr. J. Leary & PV-eCook (Gamos & 10:30 • Why TZ? prototype Demonstration Loughborough University, demonstration PV-eCook prototype – solar powered and battery supported UK) cooking 10:30-Photo/hardware exhibition Coffee break 11:00 Share experiences from fieldwork • Showcase hardware • TZ national **Presentation & plenary discussion** Chair: Mr J. 11:00-12:15 development eCook's potential contribution to TZ Shuma • objectives national development objectives (TaTEDO) Mr. Sawe & 12:15-Launch of TaTEDO . Presentation 12:30 institutional stove Eng. • Key features of new institutional Ngwandu, stove **TaTEDO** 12:30-Networking & discussion Lunch 13:30 Lunch • 13:30eCook TZ research Miss K. **Presentation** 14:30 findings to date Chepkurui Cooking diaries, focus groups, • policy review, choice modelling, (Gamos, UK) Mr. S. Sago, gender analysis Mr. J. Shuma & Mrs. A.

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			Minja (TaTEDO)
14:30- 15:00	Coffee break	 Photo/hardware exhibition Share experiences from fieldwork Showcase hardware 	
15:00- 15:45	eCook Zambia & Myanmar	 Presentation Key learning points from Zambia & Myanmar 	Mr F. Mwila (CEEEZ, Zambia) Dr J. Leary (Gamos & Loughborough University, UK)
15:45- 16:45	Opportunities & challenges for eCook in TZ	 Presentation What behavioural change challenges are foreseen and how could we overcome them? Small group discussion What are the key barriers & drivers for eCook in TZ? - Design Challenge groups will need to address each of these 	Dr. Ed Brown (Loughboroug h University, UK)
16:45- 17:00	Summary Day 1	Summary speechKey learning points from the day	

Agenda - Wednesday 25th April

Time	Session name	Description	Presenters/ facilitators
8:30- 9:00	Registration	 Photo/hardware exhibition Share experiences from fieldwork Showcase hardware 	
9:00- 10:15	Design Challenge Part I – Design & Assembly	 Presentation Recap from day 1 & agenda for day 2 Explanation of format for design challenge Demonstration Demonstration of cooking appliances Small group work Splitting into groups (each group) 	TaTEDO & UK team facilitating

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22











		should have at least one cook, one	
		person from the solar lighting/utility	
		& one person from the clean	
		cooking spheres)	
		• Initial brainstorming of design	
		solutions	
		• Designing & assembling eCook	
		hardware	
		• Business models & marketing	
		strategies	
10:15-	Coffee break	Photo/hardware exhibition	
10:45		• Share experiences from fieldwork	
		Showcase hardware	
10:45-	Design challenge	Small group work	TaTEDO &
12:30	Part II - eCooking	• Preparation of a typical TZ meal	UK team
	-	using chosen appliances in small	facilitating
		groups	
		Recording energy consumption	
		using plug in meters	
		• Feedback from cooks on usability of	
		chosen appliances	
		• Extra cook/s to use gas/charcoal for	
		comparison	
12:30-	Lunch	• Sampling dishes cooked by design	
13:30		challenge groups	
13:30-	Modelling eCook	Presentation	Professor Matt
14:00		• How does the model work?	Leach
		• When might eCook be cost effective	(University of
		in TZ and for who?	Surrey, UK)
		Preliminary modelling results from	
		eCook Zambia	
		 Introducing the design challenge 	
		modelling spreadsheet	
14:00-	Design Challenge	Small group work	Professor Matt
14:45	Part III - Economics	 Calculation of actual energy used 	Leach
		during eCooking session	(University of
		 Modelling of battery/PV hardware 	Surrey, UK)
		required to support cooking in this	TaTEDO &
		way	UK team
		Refining of eCook packages	tacilitating
14:45-	Coffee break	Photo/hardware exhibition	
15:15		Share experiences from fieldwork	

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Tarter		RSITY OF Loughborough	Gamos Ltd.	
	Showcase hardware			
15:15-	Design Challenge Part	Presentations	TaTEDO &	
16:30	IV - Presentation &	• Presentation of eCook packages by	UK team	
	prize-giving ceremony	each group	facilitting	
		Summary speech		
		Announcement of Design Challenge		
		winning team by judges		
16:30-	Closing session	Summary speech (prepared)	TaTEDO &	
17:00		• Recap on key messages, next steps	Gamos	
		for eCook in TZ & beyond		









Annex 2: eCook TZ Design Challenge –Judging Criteria

Criteria	0	5	10
Target	The target market is	The target market is	The target market is
market and	unclear.	defined, but the social	well defined and there
impact		or environmental	are clear social and
		benefits of this choice	environmental benefits
		are not clear.	behind this choice.
Business	The business model is not	The business model	A proposal for a
model	credible.	could be credible, but	credible business
		needs further work.	opportunity is
		Little mention of	supported by a well-
		marketing strategies is	designed marketing
		made.	strategy.
Responding	The cooks' feedback is	Some of the cooks'	Most feedback from
to cooks'	totally ignored. No-one	feedback is addressed in	most cooks is clearly
feedback	would adopt this product.	stove design. Some	addressed. This is a
		people may adopt this	product that people
		product.	would readily adopt.
Technical	The design would not	The design may work,	The design is
viability	work.	but it may not be	technically credible and
		efficient.	would work efficiently.
Innovation	There is nothing novel	Some aspects of the	Both the technical
	about this design.	technical design or	design and the business
		business model are	model are novel ideas.
		novel.	

Annex 3: Website

Visit <u>www.pv-ecook.org</u>





Annex 4: Opening Speech

THE NATIONAL STAKEHOLDERS' SOLAR ELECTRIC COOKING WORKSHOP

TaTEDO, near KKKT Church Mbezi Juu, Dar es Salaam

24-25th April 2018

WELCOME REMARKS

E.N. SAWE, CEO, TaTEDO

Chairperson,

Friends, Distinguished participants,

Ladies and Gentlemen.

On behalf of colleagues from TaTEDO, Gamos Ltd, and Universities of Loughborough and Surrey, the organizers of this workshop. I take this opportunity to warmly welcome all of you from within and outside the country. I am thankful for the opportunity to give these Welcome remarks,

Ladies and Gentlemen

I am glad and indeed grateful to have you as important participants and key stakeholders from the government, partners from UK, Kenya and Zambia and representatives of the Tanzanian Solar sector. I would like to thank you for accepting our invitation on a short notice. This is a clear indication that, we all recognize the importance of collaborative efforts to contribute in tackling the current challenges of very low access to affordable, reliable, sustainable modern energy for cooking in the country.

Ladies and gentlemen

As, we are probably aware, different studies show that about 3 billion people in the world cook food and heat their homes with traditional stoves fueled by wood or charcoal fires, which accounts for a large percentage of the greenhouse gases that are polluting our planet. Also in Tanzania, cooking is keeping millions of women from reaching their full potential. Women and girls spend up to five hours a day cooking and collecting firewood. And fires they cook with, fueled by charcoal, wood and farm residues, produce







toxic smoke they and their families inhale, leading to over 20,000 preventable deaths according to WHO every year in Tanzania.

But solutions exist that can empower women and help them live their lives to the fullest. However due to lack of international and national political will and associated funding, the solutions have not been promoted and the problem continue to worsen year after year. The problem is clearly revealed by the amount of daily deforestation occurring in the country, According to National Forest Resources Monitoring Assessment (NAFORMA), Tanzania is losing more than 1000 hectares of natural forest each day due to charcoal production and the loss is increasing fast.

The objective of this workshop is to bring together key stakeholders from the solar lighting, cook stove and utility sectors, to introduce the Solar PV eCook concept and establish what contribution it could make to enhancing energy access and alleviate poverty in Tanzania. Solar electricity cooking is a clean way to cook that requires only sunshine as fuel. As such with this technology adopted on a large scale in the country, there will be no need t use firewood, charcoal or gas t the current quantity, only sunshine will be the of national fuel instead the biomass which is the case now. The two days participatory workshop will explore the opportunity for solar PV ecook in Tanzania, Solar PV ecook is a potentially transformative household battery electric cooker that will soon be cost effective for households cooking on charcoal. In addition to offering a clean solution, it can also provide reliable and affordable electricity access. We expect, the participants to carry out hands on experiments with Solar PV ecook hardware, whilst discussing how this new technology can be tailored to best meet the needs of Tanzania cooks, in particular, those from lower income households, located in poorer urban areas, periurban and rural areas.

Chairperson, Distinguished Participants, Ladies and Gentlemen,

It is indeed a pleasure to welcome participants from Gamos Ltd, Loughborough and Surrey Universities (Jon, Mathew, Simon, Ed) and From Kenya (Karen) and Zambia (Francis) and from different institutions in Tanzania. I would like to convey our gratitude for the support extended to the project as a Grant from the Innovate UK (in cooperation with DFID UK Aid, and UK Science Research Councils) and partly from Gamos corporate funds.to ensure implementation of this interesting project with potential for high impact in our country. The workshop would indeed benefit from inputs of these national and international participants.



On behalf of the Solar PV ecook project stakeholders, I would like to once again thank colleagues from TaTEDO, Gamos Ltd, Loughborough and surrey Universities, as organizers of this workshop led by Dr.Jon and Mr. Sago for all the efforts to ensure the workshop is successfully conducted today and tomorrow.

As mentioned above, this workshop has been organized Through a partnership between TaTEDO and the UK partners as part of the project entitled: "Solar PV eCook - a transformational household solar batteryelectric cooker for poverty alleviation.

The current project project activity is trying to answer the Research question: What is the market potential for Solar PV eCook in Tanzania. Which specific market segments should be targeted and which marketing strategies are likely to be most effective? Over the past two months there has been a Tanzanian national market assessment with the objectives of evaluating, how the proposition might fit with national economic and policy environments, as well as cultural norms and practices; and also engaged with interested stakeholders by way of prepositioning for scaling up of the proposition. The overall project output is: Quantification & identification of key target markets in Tanzania and a detailed plan for how to reach them.

It is indeed clear, through this workshop, an important opportunity has been availed to the Solar PV ecook and related stakeholders in Tanzania to deliberate and agree on a strategy to promote solar PV ecook in Tanzania, hopefully led by the Ministry of Energy and indeed, the success of this workshop will be measured by the quality of the outputs which will emerge from the workshop, and thereafter be effectively implemented collaboratively towards achieving higher access to affordable reliable, sustainable modern energy for cooking with high positive impact on poverty reduction thus contributing to achieving the SE4ALL goals and the SDG 7 and related sectors goals.

I look forward to a fruitful and enjoyable workshop.

Thank you again for this opportunity and for your attention.





Annex 5: Closing Speech

THE NATIONAL STAKEHOLDERS' KICK-OFF SOLAR ELECTRIC COOKING WORKSHOP

Loughborough

🗑 University

TaTEDO, TaTEDO Street near KKKT Church Mbezi Juu, Dar es Salaam

24-25th April 2018

CLOSING SPEECH

By Dr. Hamisi Hassan Mwinyimvua, Permanent Secretary, Ministry of Energy

- Moderator;
- Distinguished Partners from UK, Kenya and Zambia ,
- Distinguished Participants from the Government;
- Distinguished Participants from Private Sector;
- Distinguished Participants from CSOs;
- Ladies and Gentlemen

On behalf of the Government of Tanzania, I would like to take this opportunity to convey my gratitude to the organizers of this workshop (TaTEDO, Gamos, Loughborough University, The University of Surrey, DfID / UKAID and Innovate UK) for availing the opportunity to the Ministry of Energy to close this important workshop. I am delighted to see many participants with strong interest in the burning issue of modern cooking energy and related environmental concerns.

This is a valuable opportunity for the government to share experiences with key stakeholders on the existing efforts the government is undertaking in addressing the challenges of energy for cooking.

It is gratifying to note that the agenda of the workshop covered a wide range of very interesting topics relating to solar battery electric cooking and especially those directly related to aspects of policy, strategies, regulations and environmental issues.

Ladies and Gentlemen

I am informed that this workshop is one of the components of the research project on eCook - ATransformational Household Solar Battery–electric Cooker for Poverty Alleviation. The research project is implemented in three countries of Tanzania, Zambia and Myanmar. The main objective of this project is to undertake research for a potentially transformative battery electric cooker (eCook), which is designed to extend access to electricity and clean cooking facilities to poor households.

For about a decade, we have observed rapid spread of solar PV panels across many countries, particularly here in Africa. This has already transformed millions of lives, however, it has yet to have an impact on the cooking energy needs of poor households.

The recently completed global market analysis highlights Tanzania as having enormous potential for solar battery electric cooking primarily due to more than 84% of people who rely on unsustainably sourced charcoal and firewood for their cooking needs and staple foods that are highly compatible with battery-





supported electricity. Frequent blackouts, voltage fluctuations, and emerging electric cooking market create a significant opportunity for Grid-eCook, whilst the vast off-grid population and an established Solar Home Systems (SHS) offer highly favourable conditions for solar PV- electric cooking.

Ladies and Gentlemen

Securing a steady and reliable supply of modern energy is a major challenge for the country. That is why the Government, through the Ministry of Energy is looking for alternative innovative solutions to contribute to addressing the challenge of energy for cooking in Tanzania.

However, with research findings and demonstrations of solar battery electric cooking observed here in TaTEDO from yesterday, there is hope that thousands of Tanzanians will have Paradigm Shift to the electric cooking using new and efficient technologies, especially solar electric cooking being be one of them.

I am informed that the proposition of solar electric cooking (or PV-eCook) is that by 2020 the cost of using solar photovoltaic panels to charge a battery, and then using the battery for cooking as and when required, will be comparable to the monthly cost of cooking with charcoal and wood in most developing countries. As 2020 is now less than 2 years away, it is an exciting time to be talking about this potentially transformative technology.

Ladies and Gentlemen

I understand that, for a period of two months here in Tanzania, the project has managed to gather evidence on cooking energy through cooking diaries, focus group discussions, choice modelling surveys, policy reviews and more. The evidence from other countries has already shown that solar electric cooking offers the potential for emission free cooking, with time/money savings and broader environmental benefits from reduced fuelwood/charcoal consumption. We hope that the same is true for us here in Tanzania.

Ladies and Gentlemen,

It is my expectations that the research and workshop reports will be shared to the ministry and sound recommendations which will enable the Government and other stakeholders to effectively support this proposition into reality. It is our hope that the research will enable to come up with other programmes and projects to further disseminate findings of electric cooking in Tanzania.

Ladies and Gentlemen, whenever you see a well organised gathering, it means someone supported it by providing both financial and human resources. I would like to convey my special gratitude to the UK Government through their development agency (DfID/UKAID and Innovate UK) for the financial contribution of this important research project and workshop.

With these remarks, I have the pleasure to formally announce this workshop closed.

Asanteni Sana









Annex 6: List of Participants

- Jacob Mayala (jacob.mayalla@nishati.go.tz) Principle Geologist, Ministry of Energy
- Estomi H. Sawe (<u>sawengaya@gmail.com</u>) Director CEO TaTEDO
- 3. Magdalena Muya (<u>mrmuya5@gmail.com</u>) Coordinator NFBKP, MNRT
- 4. Jesca Samwel (<u>samweljesca@gmail.com</u>) Research Electrical Engineering, Tanesco.
- Matthew Leach (<u>m.leach@surrey.ac.uk</u>) Professor, University of Surrey.
- Edson Brown (<u>e.d.brown@iboro.ac.uk</u>) Senior Lecturer Loughborough University.
- Simon Batchelor (<u>research@gamos.org</u>) Director Gamos.
- 8. Dr. Jonathan Leary (<u>JONKLEARY@GMAIL.COM</u>) Researcher, Gamos/Loughborough University
- 9. Karen Chepkuri (<u>karen4chepkurui@gmail.com</u>) Assistant Researcher eCook project.





🔢 🖩 Loughborough

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- Elesia Kihupi (<u>elesia.kihupi@plugintheworld.com</u>) Manager, Mobisol Ltd.
- 12. Joel F. Mushi Assistant Lecturer, Dar es Salaam Institute of Technology (DIT).
- 13. Hezron P. Kajange, (<u>kajangehezron@gmail.com</u>) Executive Secretary, TANGSEN.
- 14. Silvester Mwambije (<u>sjmwambije@gmail.com</u>) Managing Director, EMOTEC
- 15. Gerald Kitabu (<u>kitabutz@yahoo.com</u>) Journalist The Guardian.
- Renatus Mutabuzi Journalist ITV
- 17. Julias Annalet Camera-man ITV
- Augustino A. Masse (<u>augustinemasse808@gmail.com</u>) Researcher, TIRDO
- 19. Fransis Mwila (<u>francismwila85@gmail.com</u>) Researcher CEEZ
- 20. Denis Saleko (<u>denissaleko91@gmail.com</u>) Tr. Technician, TAREA

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39

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- 22. Hassan Rajabu (<u>hmrajabu@gmail.com</u>) Lecturer & Reseacher, University of Dar es Salaam
- 23. Tausi Juma (seb@kopagas.com/andron@kopagas.com) Technical & Coordinator KOPAGAS.
- 24. Eng. Evarist Ng'wandu (evarist_ng@yahoo.com) Researcher **TaTEDO**
- 25. Jensen Shuma (jcshuma@yahoo.com/jshuma@myself.com)) MD **TaTEDO**
- 26. Albina Minja(<u>albinaminja@gmail.com</u>) **TaTEDO**
- 27. Shima Sago (shimasago@gmail.com) Program Coordinator **TaTEDO**
- 28. Nelson J. Villema Data entry clerk, eCook Project **TaTEDO**
- 29. Evans L. Songa Data entry clerk, eCook Project **TaTEDO**
- 30. Imelda Mujuni eCook respondent
- 31. Taramande Mfuru eCook respondent

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- 32. Esther L. Mwangamila eCook respondent
- 33. Regina Sago eCook respondent
- 34. Hellen Swai (<u>helrowland@yahoo.com</u>) eCook respondent