



**MECS**  
Modern Energy  
Cooking Services

## Electric Cooking Outreach (ECO) webinar series: research methods and tools



### Webinar 1: Introduction to the Cooking Diaries approach



# Aim of this webinar series

- To assist ECO projects by highlighting the Cooking Diaries approach, a tried and tested approach which can deliver the data required from ECO projects.
- Series of five webinars:
  - Webinar 1: Introduction to the Cooking Diaries approach
  - Webinar 2: Setting up a Cooking Diaries study
  - Webinar 3: Data collection
  - Webinar 4: Data verification and data analysis
  - Webinar 5: Marketing efficient electric cooking appliances



# Useful resources for Cooking Diaries studies

- **Cooking Diaries Protocol V3.0:** contains the most complete guide to the Cooking Diaries approach
- Variations of this methodology have been adapted to local cooking contexts – e.g. in Nepal and Tanzania
- Working papers highlight the key learning points from previous Cooking Diaries studies in Kenya, Myanmar, Tanzania and Zambia.

## All resources open access

Available from:

- the MECS website: <https://mecs.org.uk/publications-categories/>
- the shared ECO Awardee Resource Folder on the Loughborough University Onedrive

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**Cooking Diaries 3.0 Protocols**

**Version 3.0 – August 2019**

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 With input from: Prof E Brown, Prof M Leach, Dr R Hanlin  
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**eCook Kenya Cooking Diaries**  
 September 2019 Working Paper  
 (final report expected December 2019)

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**Energy for Sustainable Development**

Unlocking electric cooking on Nepali micro-hydropower mini-grids

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# Benefits of the Cooking Diaries approach

- Captures the learning from previous MECS work to enable other researchers to replicate this form of data collection, processing and analysis to build a broader evidence base on how people cook.
- Previous cookstove tests (Water Boiling Test (WBT), Controlled Cooking Test (CCT) and the Kitchen Performance Test (KPT)) do not focus on ‘how’ a cook cooks, and whether, when they transition to a different fuel or appliance, their cooking practices change.
- Previous studies of ‘how’ people cook have been based on observational qualitative data. The Cooking Diaries approach seeks to match the recording of ‘how’ people cook with quantitative measurements of energy consumption.

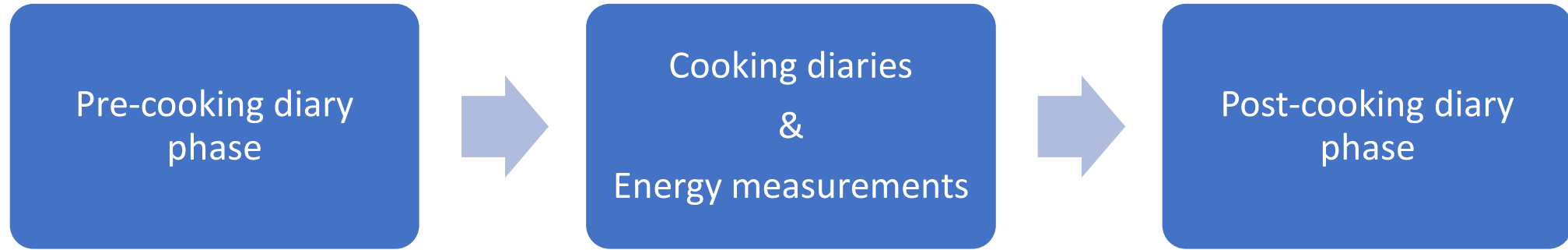


# Benefits of the Cooking Diaries approach for the ECO pilot project

- The mixed quantitative and qualitative approach of the Cooking Diaries approach clearly addresses the main research questions of the ECO Pilot Project Challenge Fund which are:
  - Does the use of efficient electrical cooking appliances fit the cultural processes of cooking for a given market? (i.e. are they acceptable to users for their typical weekly menu?)
  - Can the electrical cooking appliances fit with the electricity delivery in the market space?



# Phases of the Cooking Diaries approach



- Recruitment & training of enumerators
- Selection of participants
- Wiring and electricity supply issues
- Selection of appliances
- Participatory cooking sessions
- Registration survey
- Participant training
- **Baseline cooking diary** on existing fuel, data on foods cooked, appliances used, and cooking processes and times.

- Cooking diaries: data on foods cooked, appliances used, and cooking processes and times.
- Energy measurements: manual fuel use measurements and/or electricity monitor data files. Energy measurement data requires cooking diary data to be useful otherwise we don't know what the electricity was used for – to cook rice, stew, etc?

- Exit surveys
- Data verification (both during and after the cooking diary) + issues with using a paper based system
- Data analysis



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## Can I use a different approach?

At MECS, we are flexible and understand that different locations and different situations may require methods/approaches to be adapted. This is fine but if you intend to use a different approach or a modified version of the cooking diaries, we ask that you contact us to:

- highlight the approach you will take;
- the reasons for this approach;
- and explain clearly how it will deliver the data required by the ECO research questions.