

Zambia: Cooking Transitions

An Analysis of Multi-Tier Framework Data for Insights into Transitions to Modern Energy Cooking

A new MECS report analyses the two strands of the World Bank's Multi-Tier Framework (MTF) data from Zambia: energy access and modern energy cooking solutions. This combined approach provides new insights into the current state and future potential of modern energy cooking services in Zambia

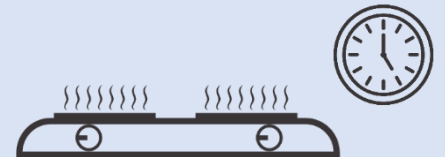


(Credit: [Gerhard302](#))

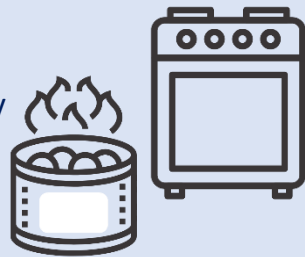
Grid-connected households cooking with biomass **spend significantly more on their energy** than households cooking exclusively with electricity



Cooking with electricity saves **20 minutes per day in fuel preparation**, and a further **20 minutes per day (at least) in cooking time**, compared to biomass



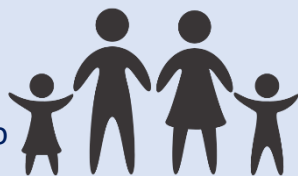
The average household stacking biomass with electricity have relatively high incomes, good education, and a bank account



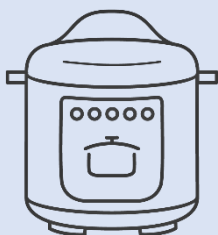
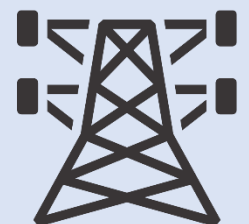
In urban areas, **up-front connection costs and rental agreements** are the most significant barriers to household electrification



Cooking with electricity seems to increase the share of cooking among **men and boys**, relative to **women and girls**



1/4 of households **connected to the grid in the last 5 years** use electricity for some or all of their cooking



To overcome the challenges of rising charcoal prices and expand the use of electricity for cooking **greater focus is needed to promote the use of energy-efficient cooking appliances (e.g. electric pressure cookers)**