

# Myanmar: 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 Myanmar: 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 Myanmar



Credit: Jon Leary (MECS)

On average, households cooking exclusively with electricity spend 8,100 MMK/month on their electricity bill. **Exclusive charcoal and purchased wood users spend 28% and 68% more on just their cooking fuels.**



Households that stack biomass with LPG spend 10,300 MMK/month less on average on their biomass, compared to those who cook exclusively with biomass. For households that live too far away from existing electricity infrastructure or have access only to low-capacity systems (e.g. solar home systems), **LPG may be a viable transition fuel to modern energy cooking.**



Compared to using firewood, **cooking with electricity saves 100 mins per day in fuel collection, 10 mins in fuel preparation, and 30 mins in cooking time**



The Myanmar National Electrification Plan (NEP), the objective is to achieve **universal electrification by 2030**



**69% of those who exclusively use charcoal for cooking have a grid connection** (a quarter of whom have mini-grid access)



**Wives were more likely to have made cookstove purchasing decisions.** This is true for both traditional stoves and modern devices



**68% of electricity-using households cook with electricity**, either exclusively (27%) or stacked with other fuels (41%)



**Virtually all electric cooking households use a rice cooker, reducing the usage of a biomass stove.** By adding more modern energy cooking devices (kettles, electric frying pans/induction stoves, other energy efficient cooking appliances), biomass can be eradicated from a household's cooking practices altogether as demonstrated by those already cooking exclusively with electricity.