



# Testing Electric Pressure Cooker adoption in Socio-economic and Cultural Context of Nepal



## Study Objectives

- To capture rural and urban community existing cooking practices, fuel-mix, gender dynamics, and willingness to use EPC;
- To understand the EPC cooking experience of community members;
- To report findings and suggest specific policy recommendations and strategies for scaling-up EPC cooking in the region.

# Methodology



Location– Banepa and Timal,  
Kavrepalanchok

- Banepa Urban Municipality  
Screening survey- 120 HHs  
Participants- 40 HHs
- Timal Rural Municipality  
Screening survey -120 HHs  
Participants - 40 HHs

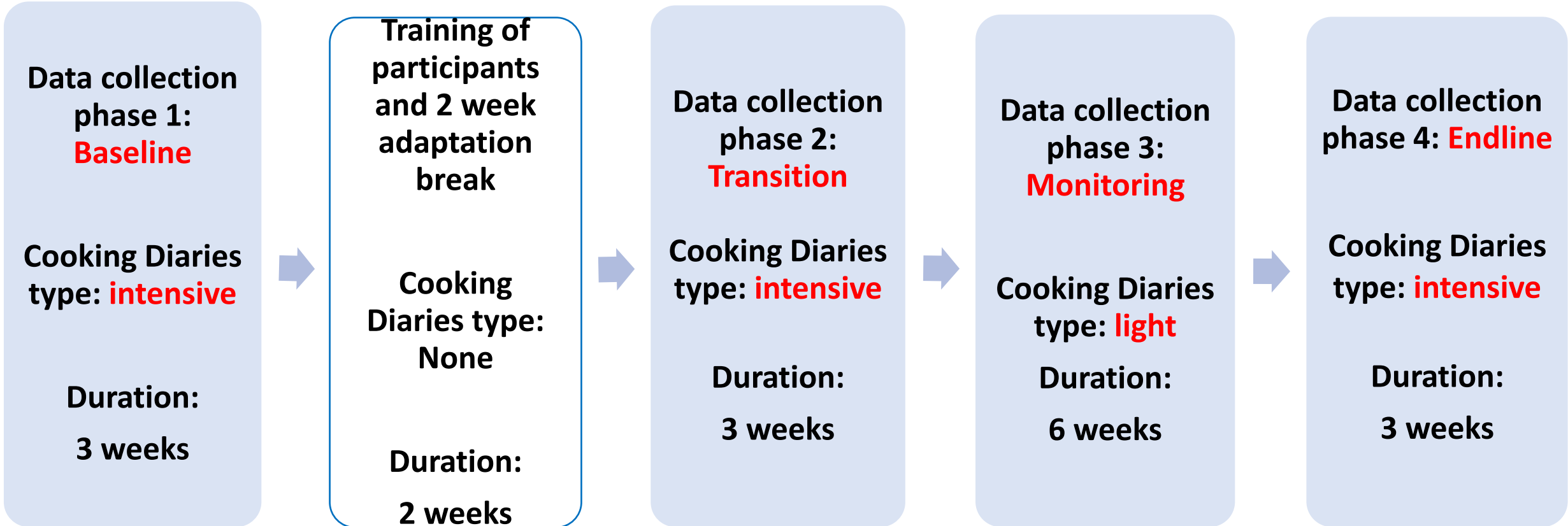








## Phases of data collection



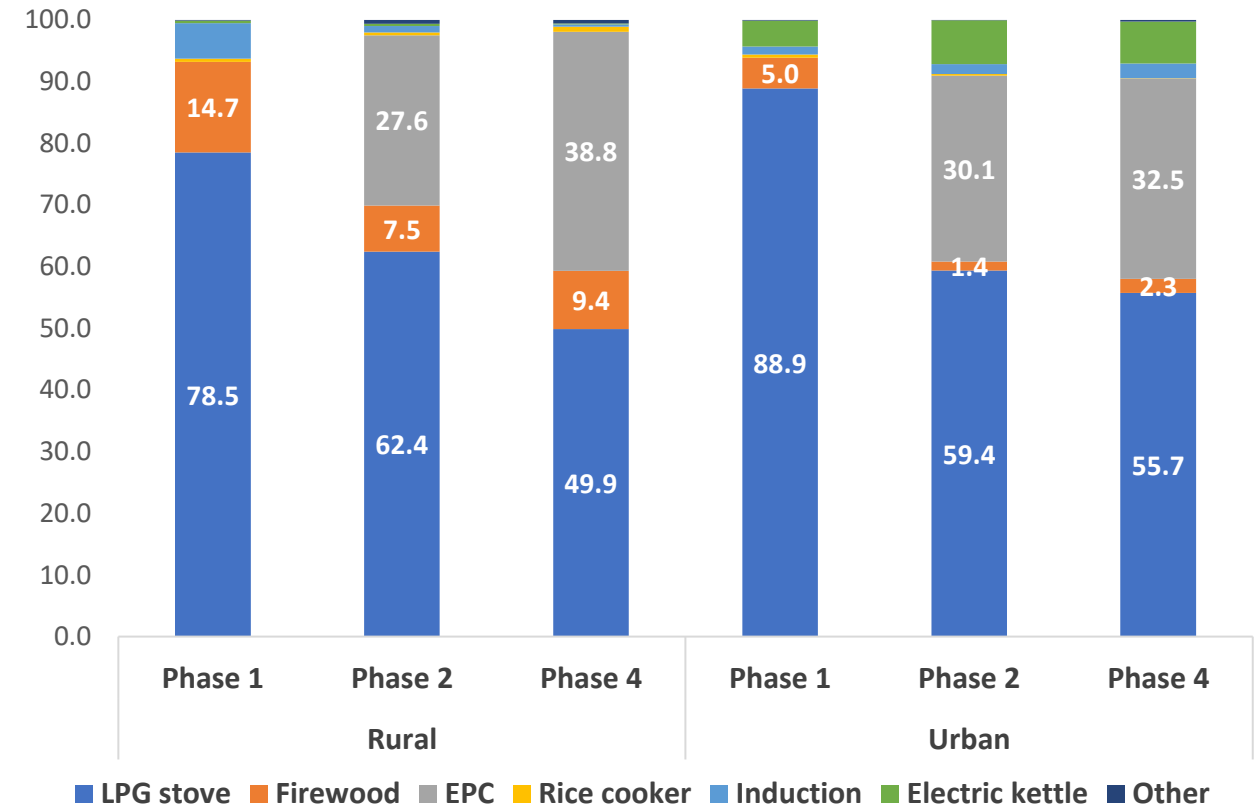


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# Main Findings

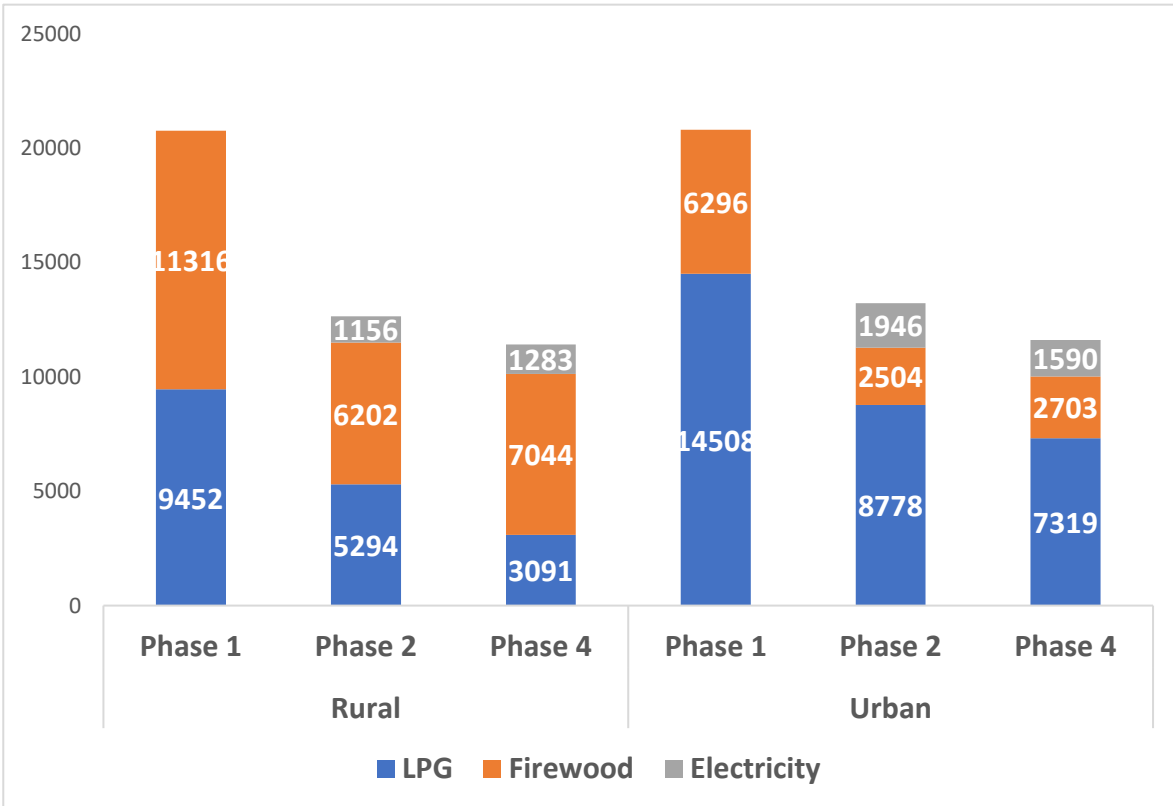
- Increase in EPC use for heating events;
- Compared to phase 1, decline in LPG and firewood stoves usage;
- Rice (28.7%), pulses (16.1%), vegetables (11%), beans (1.2%) together account for nearly 57% of heating events (Phase 4);
- 93.5% events of cooking rice, 17% events of cooking vegetables, 34.7% events of cooking pulses, 30.8% events of cooking beans were done on EPC.

Percentage of heating events using different stoves/appliances

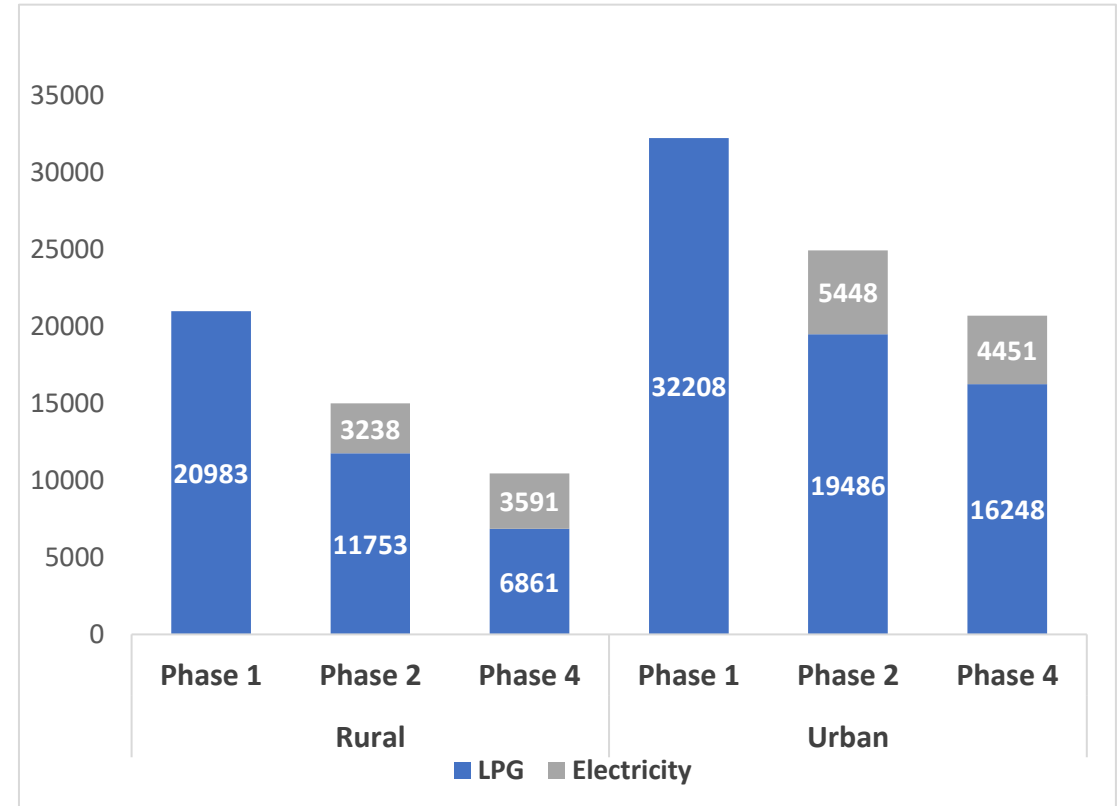




# Introduction of EPC had enabled households to save cooking energy & fuel costs



**Cooking energy consumption in different phases (in MJ)**



**Cost of stacking fuel (in NPR)**



- EPC is economical and efficient
- Average per capita/dish energy consumed (in MJ) is less for EPC (Fig a.) than LPG (Fig b.)

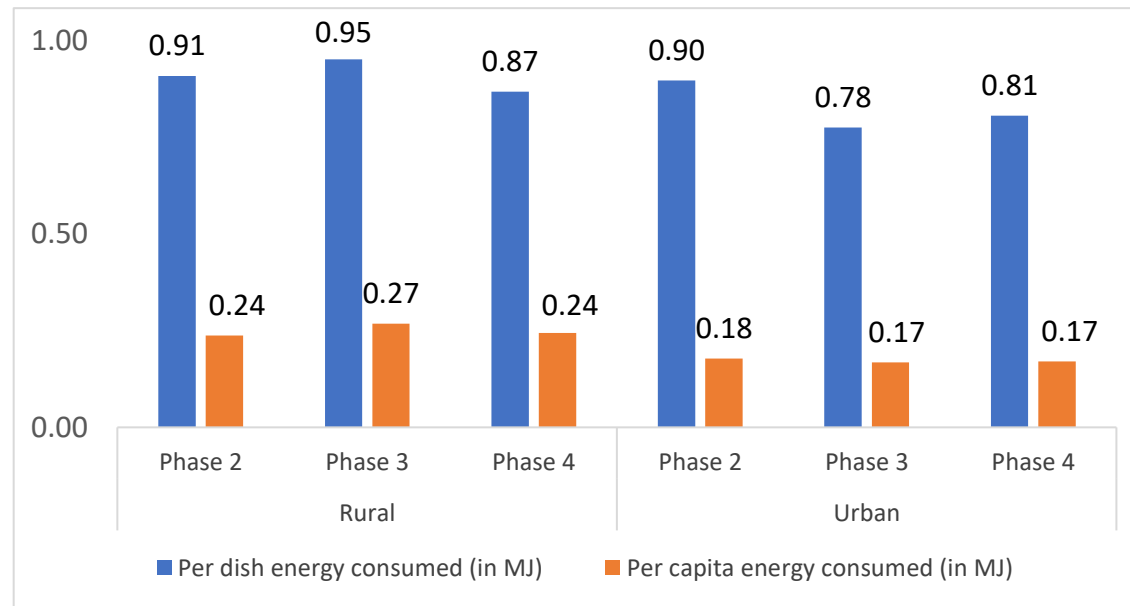


Fig a) Average per capita energy consumption for dishes cooked on EPC

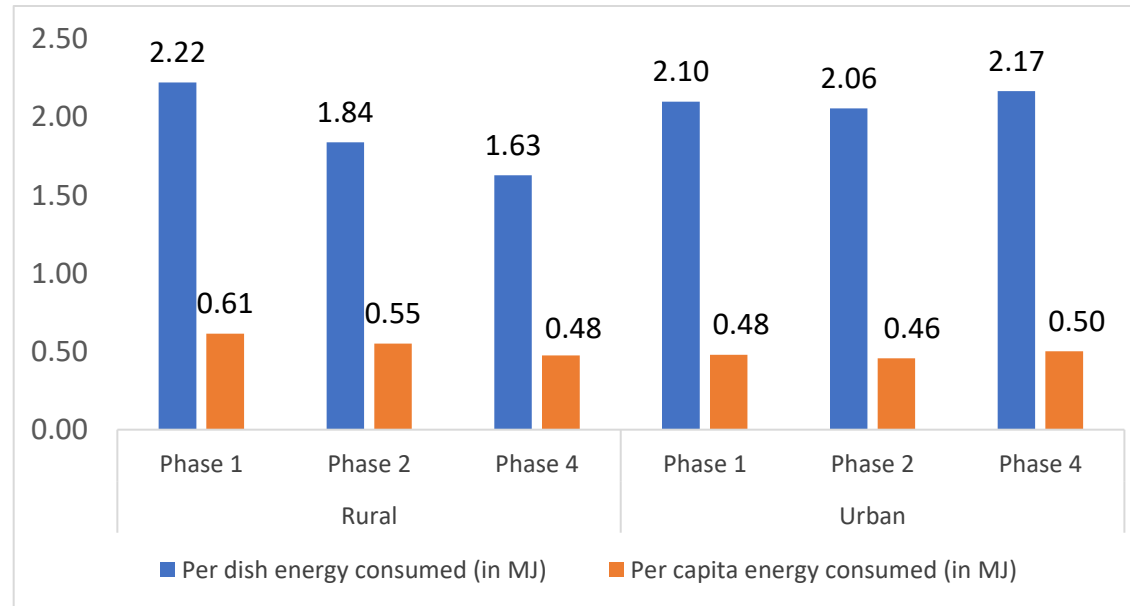
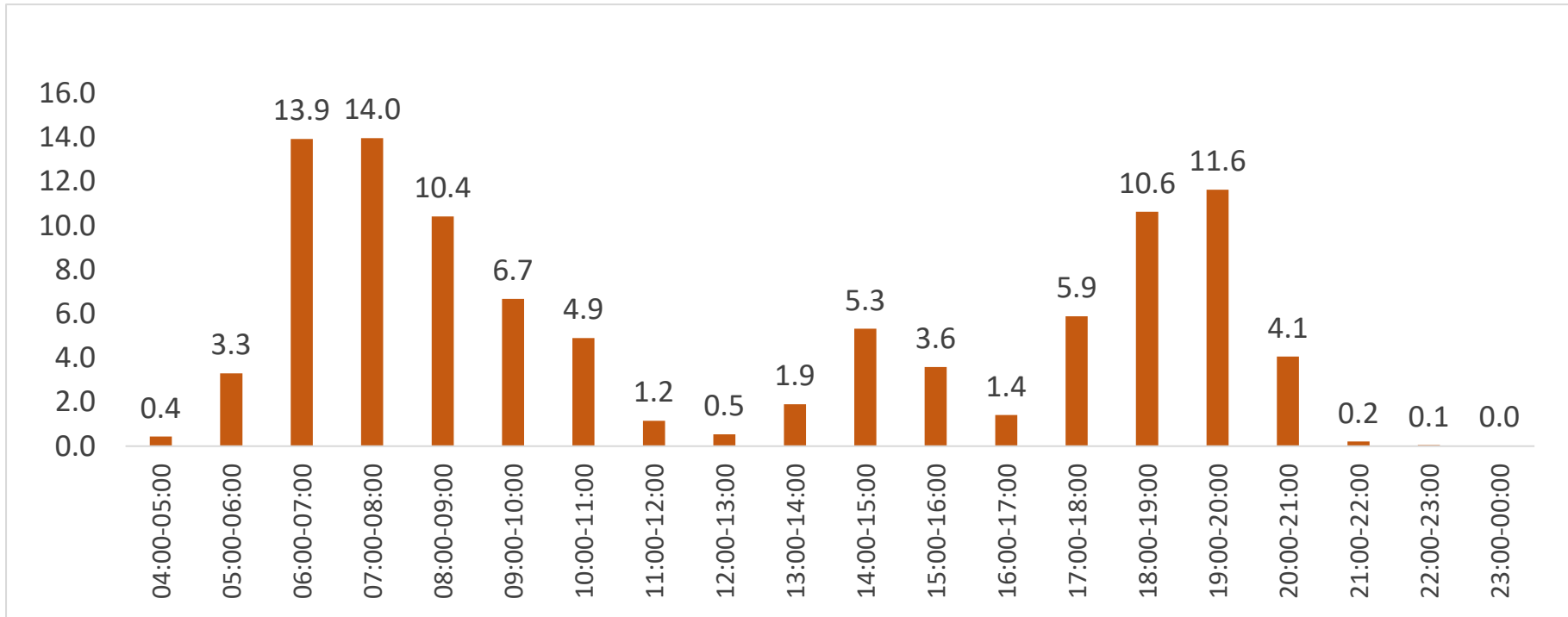


Fig b) Average per capita energy consumption for dishes cooked on LPG



## Percentage distribution of heating events for Phase 1, 2, and 4 on an hourly scale



In the morning, **6:00-9:00** and **17:00-20:00** is the peak cooking hours in the evening.

To promote e-cooking and improve users experience, it is important to ensure reliable quality electricity supply during peak cooking hours.



- 80% of the participants revealed that it was very easy to learn cooking on EPC.
- Older participants suggested that hand-on training activity organised after phase 2 helped them learn to cook in EPC
- Food cooked in EPC is very tasty, especially rice and meat tastes tender.
- Using a separator with the EPC, rice and pulses can be cooked for small families in a single heating event, thus saving cooking time and energy
- Voltage fluctuation was reported as hindrance for e-cooking
- Repairing of EPC is a challenge due to non-existence of service center in locality



# Community findings: Benefits and Challenges of EPC







# Recommendations

1. Improving electricity supply quality to support e-cooking appliances
2. Develop innovative financing solution, especially for poor households
3. Expansion of distribution /retailer store networks and infrastructure for repair and maintenance
4. Developing strategies for promoting e-cooking and campaigns for consumer awareness and adoption of e-cooking
5. Targeted subsidy for poor households to reduce the cost of e-cooking device acquisition



Thank You

