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From

Kampala to the
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Cooking Model Be
Replicated?

How

the Electric
Pressure Cooker
Saved My Life
and Money

Baker Lutabi:
The Engineer
Perfecting
Africa's Most
Common Fuel



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At the Inflection Point

The clean cooking sector has proven its commercial viability and its capacity for innovation. The challenge for this year is to channel that energy into building resilient, inclusive, and interoperable systems.

The clean cooking sector stands on a precipice between unprecedented momentum and deep-seated challenge. Over the past year, the industry demonstrated a remarkable capacity for growth and adaptation, reaching what the Clean Cooking Alliance identifies as a pivotal inflection point. Yet, to project its future this year is to navigate a landscape defined by two powerful, sometimes competing, forces: the surge of capital innovation and the urgent necessity for equitable, system-wide implementation.

The defining narrative of the past year is one of financial maturation. This was fueled by a fundamental shift in how the sector is funded. Debt financing, in particular, saw a dramatic 238% surge, signaling growing confidence from formal financial institutions and helping to drive total capital investment to \$218 million.

At a national level, countries like Uganda confronted the limitations of siloed policies, a reality that culminated in late 2025 with the development of a groundbreaking National Integrated Clean Cooking Strategy (NICCS) to harmonize efforts and attract investment. As we look to the year ahead, the sector's trajectory will be determined by its ability to translate financial innovation into tangible, inclusive impact. The focus must shift from isolated growth to integrated system-building.

The launch of national frameworks, such as Uganda's groundbreaking National Integrated Clean Cooking Strategy (NICCS), provides an essential blueprint for the future. The sector's central task for the year ahead is to shift focus from policy design to effective implementation. This critical transition requires three foundational actions: first, operationalizing coordination through robust monitoring, reporting, and verification (MRV) frameworks to enable adaptive management; second, making solutions universally affordable by deploying targeted subsidies, consumer credit, and pay-as-you-go models at scale to overcome the median \$58 upfront cost barrier; and third, ensuring quality and safety by developing and enforcing clear fuel and technology standards to build consumer trust and guarantee the intended health and environmental benefits.

The clean cooking sector has proven its commercial viability and its capacity for innovation. The challenge for this year is to channel that energy into building resilient, inclusive, and interoperable systems. By addressing the financial imbalances, executing on comprehensive national strategies, and steadfastly prioritizing equity, the sector can move beyond its inflection point to a future where clean cooking is not an aspirational technology, but a universal and foundational reality.

Global outlook

The growing push for clean cooking in Africa

The growing push for clean cooking in Africa represents a critical effort to address a devastating public health and economic crisis, driven by the widespread use of polluting fuels like wood and charcoal. The International Energy Agency (IEA), under Executive Director Fatih Birol, is leading a global campaign to move this issue higher on the international agenda, explicitly seeking a partnership with the United States to amplify the response. This initiative follows a successful 2024 summit that secured \$2.2 billion in pledges and aims to build momentum through a major 2025 summit in Kenya, co-chaired by U.S. Energy Secretary Chris Wright and Kenyan President William Ruto.

A central goal of this campaign is to secure stronger and more strategically balanced financial commitments. While the initial summit demonstrated significant funding interest, Birol emphasizes the need to move beyond heavy reliance on debt financing. He advocates for increased equity finance to create more sustainable investment structures and bolster the clean cooking sector's long-term growth. The strategy involves leveraging high-profile platforms, including the 2025 U.S. presidency of the G20 and the World Economic Forum in Davos, to institutionalize clean cooking as a permanent diplomatic and policy priority, despite potential headwinds from scaled-back U.S. foreign aid.

The IEA's approach is technologically pragmatic, promoting a suite of solutions—including liquefied petroleum gas (LPG), advanced biomass stoves, and elec-

trification, tailored to diverse local contexts across Africa. Birol frames the issue as one of urgent development and health where international views “converge perfectly,” positioning it as an area for sustained collaboration even amidst broader geopolitical tensions on climate policy. The ultimate objective is to transform episodic summit pledges into a continuous, actionable global agenda to tackle a problem that claims over 800,000 lives annually on the continent.

Clean cooking fuels more effective in cutting harmful pollutants: WHO policy brief

The World Health Organization (WHO) has issued a critical policy brief that clarifies the most effective pathway for protecting public health through clean cooking. Scientific analysis reveals a decisive performance gap between different solutions: while “improved” biomass cookstoves reduce harmful fine particulate matter (PM2.5) by only about 50%, often leaving pollution levels above safe limits, clean cooking fuels like liquefied petroleum gas (LPG) achieve reductions of approximately 85%. This distinction is vital, as household air pollution from polluting fuels remains a global killer, linked to an estimated 3.2 million deaths annually from heart disease, stroke, and respiratory illnesses, and is responsible for nearly half of all pneumonia deaths in children under five.

This evidence underscores the importance of prioritizing fuel switching over stove improvements alone. Indonesia's national experience provides a powerful case study in implementing this approach at scale.



Through a sustained LPG subsidy program launched in 2007, the country successfully transitioned 87% of its households to clean cooking, demonstrating that large-scale fuel switching is an achievable policy goal. However, the program also highlights persistent challenges, as approximately 30 million Indonesians still rely on polluting fuels, indicating that subsidies alone may not reach the most marginalized populations. To achieve universal clean cooking access and its associated health benefits, a com-

prehensive strategy is required. Indonesia's subsequent guidelines, developed with WHO support, model this integrated approach by combining the continued promotion of clean fuels with community empowerment initiatives. These include fostering behavioral changes like smoke-free homes, advocating for structural improvements such as better ventilation, and establishing local monitoring systems. This multi-faceted framework, which tackles both technological and socio-behavioral barriers, offers a blueprint

for accelerating progress toward global health and clean energy targets.

Global Platform Launches to Accelerate Clean Cooking in Schools Worldwide

At the COP30 climate summit in Brazil, a major international coalition launched the Global Platform for Clean Cooking in Schools. This initiative directly addresses a critical gap: schools are the world's second-largest consumers of biomass energy after households, with over 450 million children served meals daily that

are often cooked over polluting open fires. The platform, led by Sustainable Energy for All (SEforALL) and partners including the World Food Programme and the School Meals Coalition, aims to transform school kitchens. Its core mission is to link the global transitions in energy and food systems, ensuring that nutritious school meals are prepared using sustainable energy solutions, thereby protecting children's health and reducing deforestation.

The platform represents a strategic, multi-benefit approach to a complex development challenge. By targeting schools, it tackles immediate health risks for students and staff, primarily women cooks, who are exposed to harmful smoke, while also us-



ing schools as community hubs to catalyze broader adoption of clean cooking technologies. It is structured as an implementation vehicle, building on existing programs in 10 countries with the goal of expanding to 10 more by 2026 and achieving global scale by 2030. This plan focuses on mobilizing finance, aligning policies, and scaling innovations to move from isolated pilot projects to widespread, systemic change.

Global leaders championed the platform as a model for practical, high-impact climate action. Brazil's COP30 Climate Champion highlighted its direct connection to improving lives, while Iceland's Climate Ambassador emphasized its benefits for gender equality by improving women's working conditions. Officials from Fiji and Tanzania noted its importance for sharing expertise and creating a new generation of clean cooking adopters. In unifying the goals of health, education, climate, and gender equity, the platform exemplifies the integrated solutions needed to achieve universal clean cooking access and advance the Sustainable Development Goals.

World Bank's USD 200 million Clean Cooking Outcome Bond Highlights Expanding Investor Appetite for Outcome-Linked Investments

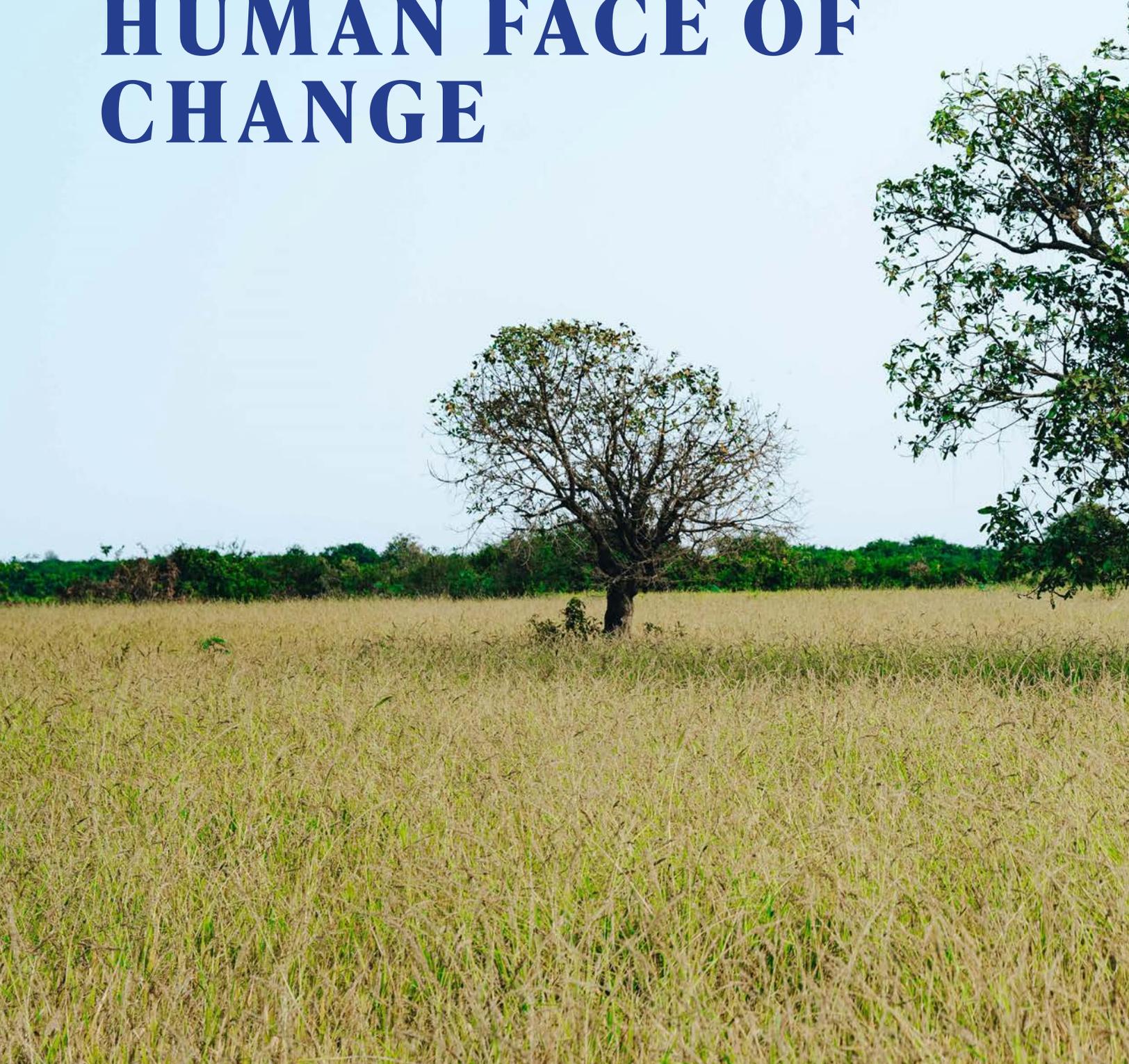
In December 2025, the World Bank priced a landmark \$200 million Clean Cooking Outcome Bond, a sophisticated financial instrument designed to attract private capital for sustainable development. The bond is fully principal-protected, paying investors a fixed but lower-than-market return. The "outcome" portion of the structure redirects a portion of the foregone interest earnings—"frontloaded" through a transaction with Standard Chartered Bank—to

finance the distribution of cleaner cookstoves in Ghana by the project developer UpEnergy. In return, investors have the opportunity to earn an additional variable return linked to the sale of carbon credits generated by the project, creating a direct financial link between their investment and measurable climate and health impacts.

This transaction represents a significant evolution in development finance, drawing in a diverse group of over ten major institutional investors from North America, Europe, and, for the first time in an outcome bond, Africa. Their participation underscores a growing appetite for fixed-income investments that deliver tangible, verified social and environmental outcomes. Investor statements highlighted the bond's alignment with both climate goals and fiduciary duty: Fidelity International praised its innovative structure for delivering measurable impact, while Legal & General emphasized how pension capital could address the sector's \$8 billion annual funding gap while generating returns for retirement savers.

The Clean Cooking Outcome Bond serves multiple strategic purposes. It directly channels a targeted financial flow to a high-impact project in Ghana, improving health and reducing emissions. Simultaneously, it acts as a high-profile proof-of-concept for Article 6 of the Paris Agreement, by generating Internationally Transferred Mitigation Outcomes (ITMOs) and enabling collaboration between Ghana and Switzerland on their climate commitments. For the World Bank, the successful placement of this sixth outcome bond validates its role in pioneering new financial architectures that bridge the gap between global capital markets and urgent development needs, setting a replicable precedent for funding clean cooking and other sustainable transitions.

SECTION 1: THE HUMAN FACE OF CHANGE





Butungi's transformation has ignited a new sense of purpose. Having experienced the benefits firsthand, she has become an informal evangelist for clean cooking in Mbarara.

How the Electric Pressure Cooker Saved My Life and Money



For Margaret Butungi, a businesswoman and mother in Mbarara City, the daily act of cooking was once a source of anxiety, expense, and physical suffering. Like millions of Ugandan women, her kitchen was dominated by the smoke and soot of a charcoal stove—a reality she considered an unavoidable part of life. Today, that reality has been fundamentally altered by a single appliance: an electric pressure cooker. Butungi's journey from traditional biomass cooking to clean electric technology is a microcosm of a larger national struggle and a potential pathway forward. In Uganda, over 90% of the population relies on firewood or charcoal as their primary cooking fuel, according to the World Bank. This dependence carries a staggering triple burden: it drives deforestation, contributes significantly to household air pollution, and consumes a large portion of family income. The World Health Organization estimates that household air pollution from such fuels is linked to over 13,000 deaths annually in Uganda, primarily from respiratory and cardiovascular diseases.

For Butungi, the health consequences were not a statistic but a lived experience. "I started suffering from a constant cough and breathing problems from the smoke," she recounts. "There were times I had to be put on oxygen just to normalize my breathing. The hospital visits were frequent and expensive." Her story underscores a critical but often overlooked economic drain: the hidden cost of illness. Families paying for medication, clinic visits, and lost productivity due to sickness face a relentless financial strain that perpetuates the cycle of poverty.



The intervention

The turning point arrived with the National Renewable Energy Platform (NREP), a government initiative aimed at promoting clean energy adoption. NREP officers conducted an awareness campaign and clean cooking demonstrations in Butungi's area, demystifying the electric pressure cooker. "They trained us on how to use it, and it seemed so easy," Butungi says. The training addressed a key barrier: fear of the unknown and perceived complexity. Empowered with knowledge, she invested in one, marking a decisive break from her charcoal stove.

A Multifaceted Impact

The impact was immediate and multidimensional, beginning with her health. "Ever since

I started using the electric pressure cooker, I no longer suffer those health complications," Butungi states. The elimination of smoke in her kitchen created a clean, hygienic environment, directly tackling the root cause of her respiratory issues. The subsequent reduction in medical expenses

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I started suffering from a constant cough and breathing problems from the smoke," she recounts.

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represents direct financial saving and an immeasurable gain in quality of life. Economically, Butungi challenges a widespread misconception. “Most people think it consumes a lot of electricity, but that’s not true,” she asserts. Her experience reveals that the pressure cooker’s efficient design—which traps heat and steam—uses significantly less power than common appliances like electric kettles or flat irons. When compared to the recurring, volatile cost of charcoal, which can consume 20-30 percent of a low-income household’s monthly expenditure, the predictable cost of electricity for the cooker often results in net savings. Perhaps the most transformative benefit for Butungi, a busy entrepreneur and parent, is time. Cooking staples like beans or meats, which could take three hours over charcoal, now requires 30 minutes or less. “It has a timer that switches off automatically. I don’t have to be in the kitchen watching it,” she explains. This liberated time is not idle; it is reinvested into her business, her family, and her community.

From user to advocate

Butungi’s transformation has ignited a new sense of purpose. Having experienced the benefits firsthand, she has become an informal evangelist for clean cooking in Mbarara. “Now that I know the advantages, I want to train other women,” she says. Her advocacy extends beyond pressure cookers to include other clean options like gas and solar stoves. This peer-to-peer influence is crucial, as trust and reliable testimony often overcome skepticism more effectively than top-down campaigns.

Her advocacy highlights a critical need: for clean cooking technologies to be accessible, affordable, and accompanied by hands-on education. While the upfront cost of an electric

pressure cooker can be a hurdle, initiatives that provide financing, subsidies, or pay-as-you-go models, coupled with training like that provided by NREP, are essential to scaling adoption.

Margaret Butungi’s story is a compelling case study. It demonstrates that the transition to clean cooking is not merely an environmental or health imperative, but a powerful tool for household economic resilience and women’s empowerment. By saving money, restoring health, and gifting time, the electric pressure cooker has done more than change how she cooks, it has changed the calculus of her daily life. Her experience offers a clear model: combine accessible technology with practical community training and support the emergence of local champions. As Butungi continues to share her story, she represents a growing wave of change agents who are proving that a life free from cooking smoke is not a luxury, but a viable and necessary future for Uganda.



From Soot to Solar: How One Sponsor's Vision Transformed an Orphanage's Kitchen

Nicole von Plettenberg's shift from general sponsor to clean energy advocate underscores a vital lesson; solving complex development challenges requires looking at the systems that perpetuate drudgery and ill health.



In May 2024, German philanthropist Nicole Countess von Plettenberg landed in Uganda with a familiar purpose; to visit the Loham orphanage in Buikwe District, home to over 100 children she had supported for years. Her sponsorship covered essentials; food, clothing, infrastructure. Yet, this visit unveiled a crisis her funds had never addressed. Stepping into the kitchen, she was met with a scene of archaic hardship. The walls were blackened by decades of soot from a three-stone fire. A cook laboured in a dense, acrid haze to prepare vast pots of beans and posho, while children helped gather scarce firewood. "I could hardly breathe inside," Nicole recalls. "I could only imagine what the cook went through on a daily basis."

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The image of this smoky, inefficient kitchen haunted her, transforming a routine trip into a mission. Her initial plan to donate a solar lighting system was instantly eclipsed by a more urgent priority to transform how the orphanage cooked. This moment of clarity highlights a critical gap in traditional aid. While funding for food, shelter, and education is vital, the underlying systems that govern daily life, especially energy for cooking, are often overlooked, despite their profound impact on health, economics, and the environment. For the orphanage, the reliance on biomass was not just dirty; it was a drain on time, money, and human health.

The Solar Solution

Returning to Germany, Nicole, who has over two decades of experience in the solar industry, partnered with her daughter Lennie. They pivoted their charitable focus, launching a campaign to raise €50,000. The goal was not a simple stove handout but a complete systemic overhaul; a solar-powered kitchen. The fundraiser succeeded, attracting both cash and in-kind donations from sponsors moved by the story on their website.

By late 2024, Nicole and Lennie were back in Buikwe, overseeing the transformation personally. The project was comprehensive: a new solar array was installed to provide clean, reliable power; three electric pressure cookers replaced the open wood fires; the kitchen structure was renovated; and safe water access was secured. Crucially, they included hands-on training for the kitchen staff. The result was a complete departure from the past—a bright, airy kitchen where steam, not smoke, now rises from the pots.

Debunking the Myth of Expensive Electric Cooking

The transformation's success is under-



pinned by a compelling economic case, articulated by Michael Kiza of Kigangara Clean Cooking and Appliances Solutions Limited, who supplied the equipment. He champions electric pressure cookers not only for their cleanliness but for their efficiency, directly challenging the pervasive myth that “e-cooking” is prohibitively expensive.

“Less electricity is used to prepare a meal than people think,” Kiza asserts. He breaks down the costs with startling clarity; preparing a kilogram of beans consumes just 0.3 kWh of electricity, costing a mere 312 Ugandan shillings (approximately \$0.08). A full lunch of beans, posho, and vegetables for the orphanage costs about 625 Ugandan shillings in energy. This represents a dramatic saving compared to the



previous system, which required two entire trucks of firewood per school term—a significant logistical and financial burden that also contributed to local deforestation.

The Ripple Effects

For Alvin Ssebagala, the orphanage cook, the change has been life-altering. “The solar cooking innovations have not only helped me to save time but my health as well,” he states. The endless hours tending fires in a choking environment are over. He now works in a safe space, steadily monitoring the modest electricity consumption, which he confirms is “way cheaper than people imagine.” The children benefit from healthier air and reliably timed meals, while the institution gains predictable energy costs and freedom from the volatile firewood market.

Nicole’s project demonstrates that the transition to clean cooking in institutional settings—schools, hospitals, prisons—is not merely an environmental or health imperative but a sound financial investment. The upfront capital cost, often a barrier, can be

offset by dramatic long-term savings on fuel. This model provides a scalable blueprint. It moves beyond household-level interventions to target community hubs where a single installation can impact hundreds daily, maximizing both social benefit and economic return on investment.

A Blueprint for Philanthropic Energy

Nicole von Plettenberg’s shift from general sponsor to clean energy advocate underscores a vital lesson; solving complex development challenges requires looking at the systems that perpetuate drudgery and ill health. By combining philanthropic capital with appropriate technology and local partnership, she engineered a solution that is sustainable, economical, and replicable. In doing so, she provided more than just a new kitchen; she provided a powerful argument for why clean cooking should be at the heart of modern institutional aid, turning a source of daily strain into a foundation for a healthier, more efficient future.

This approach is finding resonance beyond the household. The same units are being scaled for schools, hospitals, and refugee centres, places where cooking is a largescale, institutional necessity.

The Kitchen of the Future Is Built In: How a Simple Stove is Redefining Women’s Work in Uganda

In the pre-dawn darkness of a compound in central Uganda, Mariam Nakiyingi would begin her most important job. The ritual was as ancient as it was punishing; kneeling before a three-stone fire, coaxing life from damp wood, and bending over pots as a thick, acrid haze filled the cooking shed. Her eyes would sting, her chest would tighten with a familiar cough, and the soot would settle on everything, the walls, the pots, her clothes, her lungs. For Nakiyingi, a stay-at-home mother responsible for feeding over ten people daily, this was not mere cooking; it was a slow, smoky form of labour that measured her days in fuel collected, money spent, and vitality drained. Her story is a microcosm of a continental crisis. Across sub-Saharan Africa, nearly a billion people still rely on polluting open fires or rudimentary stoves for daily cooking. The World Health Organization classifies the resulting household air pollution

as one of the world’s greatest environmental health risks, linked to an estimated 3.2 million premature deaths annually, primarily among women and children. It is a scourge that stunts lungs, stifles potential, and locks families into a cycle of poverty, as scarce income is consumed by the relentless purchase of charcoal or the physical toll of gathering wood.

A Paradigm Shift

For decades, the solution presented by global health campaigns has been the “improved cookstove”, a portable, often metal, device meant to burn fuel more efficiently. While beneficial, these stoves are frequently treated as another household item to be replaced, not a transformative piece of infrastructure. A quiet revolution in Uganda, however, is challenging that very notion, one built-in kitchen unit at a time.

The technology that changed Nakiyingi’s life is deceptively simple; a permanent, built-in institutional cooking unit that uses reusable volcanic rocks heated by a minimal amount of charcoal to retain and radiate heat for hours. Its genius lies not in complex engineering, but in its philosophy of permanence and scale. It is not a stove you buy; it is a kitchen you build. For Nakiyingi, the decision to install one required a leap of faith nurtured by site visits to schools and clinics already using the technology. The installation was a physical transformation of her cooking shed into a dignified workspace—a place of work, not suffering.

Time, Money, and Health Reclaimed

The quantified benefits were immediate and

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Currently, she uses a sack of charcoal for four weeks, unlike before, where it lasted for a week.

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profound. Her charcoal consumption plummeted. “Currently, she uses a sack of charcoal for four weeks, unlike before, where it lasted for a week,” the data shows a 75% reduction in fuel costs, a direct injection of capital back into her household economy. Cooking times dropped significantly, gifting her hours each day, a currency more valuable than money for a woman whose labour was previously boundless. The smoke that haunted her kitchen vanished, and with it, the chest pains and persistent coughs.

But the most significant impact was intangible; the restoration of agency and dignity. The built-in unit transformed Nakiyingi from a casualty of her circumstances into a community advocate. No longer exhausted, she began mentoring younger women, her story becoming a powerful testament to the idea that the work of feeding a family deserves a safe and efficient environment. Her experience underscores a critical, often overlooked, economic truth: when you redefine women’s unpaid domestic labour through efficiency and health, you unlock a powerful



multiplier effect. The hours saved from fuel collection and prolonged cooking are hours that can be redirected towards education, childcare, or income-generating activities. The money saved on fuel becomes capital for small business or school fees. The health preserved translates into greater productivity and lower medical costs.

Scaling the Solution

This model presents a compelling alternative to the prevailing approach of the clean cooking sector. For years, efforts have focused on mass-producing and distributing portable stoves, a strategy hampered by issues of affordability, durability, and cultural adoption. The built-in unit, by contrast, leverages a different psychology. As a permanent fixture, it represents a long-term investment in the family's health and economic future, much like installing a water tank or solar panel. It shifts the paradigm from purchasing a product to investing in infrastructure.

This approach is finding resonance beyond the household. The same units are being scaled for schools, hospitals, and refugee centres, places where cooking is a large-scale, institutional necessity. By targeting these hubs, the technology achieves a broader systemic impact, feeding hundreds

with the same efficiency principles applied in Nakiyingi's home.

The Future Hearth

Of course, barriers remain. The upfront cost of installation is higher than a single portable stove, requiring either savings, credit, or institutional budgeting. Widespread adoption needs a robust network of trained technicians and financiers who understand this new asset class. Yet, the economics are persuasive. The payback period, through fuel savings alone, can be remarkably short, after which the unit generates continuous financial and health dividends.

Nakiyingi's kitchen is no longer a place of endurance. It is a place of transformation. Her story suggests that the path to solving Africa's clean cooking crisis may not lie solely in distributing more objects, but in reimagining the very architecture of domestic life. It proposes that the most impactful innovation might be one that is literally cemented into the home, turning a site of daily hazard into a foundation for health, economy, and time, the most precious fuel of all. As she now stands in her doorway, watching steam rise cleanly from her pots, she embodies a future where progress is measured not just in reduced emissions, but in reclaimed lives.

SECTION 2: LOCAL SOLUTIONS, LOCAL HEROES







How a Savings Group in Kabale is Powering a Clean Energy Revolution

The ripple effects of this collective purchase have extended far beyond the kitchen, creating a template for community-driven development.

For Deborah Atukunda, a teacher in this southwestern Ugandan city, the end of the school day used to signal the start of a second, more arduous shift; the race to prepare a family meal over a smoky charcoal stove. The routine was a universal strain for working women, a battle against time, budget, and health. Today, her kitchen is quiet, clean, and efficient, thanks to an electric pressure cooker (EPC). More re-

markably, her single purchase has sparked a community-wide movement, transforming her from a time-strapped teacher into the leader of a 14-member “Clean Cooking Ladies” collective. What started as a solution for five women to afford a modern kitchen appliance has ignited a self-sustaining movement that is redefining clean energy access in Kabale City, proving that systemic change can be built from the ground up, one shared

investment at a time.

Training Meets a Persistent Barrier

The catalyst was a community training session in May 2025 conducted by the National Renewable Energy Programme (NREP), which introduced electric pressure cookers (EPCs). For attendees like Deborah Atukunda, a teacher and mother, the benefits were immediately clear, dramatic time savings, an end to health-harming smoke, and long-term cost savings on fuel. However, a formidable roadblock remained: the upfront cost. In a region where many households manage precarious cash flows, a single large purchase is often insurmountable.

This gap between desire and affordability is the single largest brake on clean cooking adoption across sub-Saharan Africa. In Uganda, while over 90 percent of the population relies on polluting biomass like charcoal, fewer than one percent use electric pressure cookers, with cost cited as the primary barrier. The NREP training provided the “why,” but it was the community itself that had to invent the “how.”

The “Table Banking” Model for Technology

Faced with this barrier, Atukunda and four other trainees made a pivotal decision. Instead of resigning themselves to waiting, they leveraged a deeply rooted cultural practice: communal savings. “We agreed to collect Shs50,000 from each of us per month,” Atukunda explains. This informal

“table banking” or savings circle model is traditionally used for school fees or emergency needs. Their innovation was to apply it to technology acquisition.

Their system was elegantly simple:

Five members contributed monthly.

The pooled funds purchased one EPC for the first member on the list.

The group continued saving, rotating the purchase until every member owned one.

With the model proven, they opened their circle, growing from 5 to 14 members—the “Kabale Clean Cooking Ladies.”

This model did more than distribute cost; it distributed risk, knowledge, and social proof. If a member had trouble with her cooker, she had a built-in support network. Success stories were shared in real-time, building confidence and dispelling myths about electricity consumption or complexity. The group became a living demonstration, making the invisible benefits of clean cooking visible to the entire community.

Multi-Dimensional Impacts of a Collective Model

The ripple effects of this collective purchase have extended far beyond the kitchen, creating a template for community-driven development.

Financial Inclusion and Empowerment:

The savings group evolved into a formal association with a written constitution. Their objective expanded from personal ownership to actively “scaling the sale and access of electric pressure cookers.” They are now exploring bulk purchasing to secure discounts and discussing partnerships with retailers, transitioning from passive consumers to market influencers. This financial agency is a profound outcome, giving women direct control over a resource that improves their economic standing.

Health, Time, and Shifting Gender Dynamics: The immediate health benefit is the elimination of indoor air pollution, a leading cause of pneumonia and chronic respi-

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The group’s second official objective is to “sensitise the community on environmental ecosystems management.”

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ratory disease among women and children in Uganda. Furthermore, the time savings, hours once spent tending fires, are being redirected. For Atukunda, it meant focusing on her teaching and community service. Notably, the cooker's simplicity and "keep-warm" function have prompted subtle shifts in household gender roles, with her husband now occasionally preparing meals, a task rarely undertaken with a traditional charcoal stove.

Environmental Advocacy from The group's second official objective is to "sensitise the community on environmental ecosystems management." This transforms them from beneficiaries of an environmental good into its frontline ambassadors. Their advocacy, grounded in lived experience and peer trust, is far more persuasive than abstract campaigns. They connect the direct act of ditching charcoal to the preservation of Kabale's surrounding forests, making global issues local and personal.

The Path Forward

The revolution in Kabale is still charging. The group's ambitions point toward a future where such community collectives could form federations, negotiate directly with manufacturers and energy distributors, and even manage local "clean cooking kiosks." For policymakers, the imperative is to support this organic growth by ensuring reliable and affordable grid electricity, creating favorable tax policies for efficient appliances, and channeling public awareness campaigns through these proven community networks.

The story of Kabale demonstrates that the clean energy transition is not just about wires and watts; it is about trust, cooperation, and shared investment. By turning a collective savings pot into a vessel for change, Deborah Atukunda and her group have shown that the most powerful current fueling a clean energy future is the power of community itself.

Lutabi's stoves exist in this pragmatic middle ground, not as a permanent endpoint, but as an essential, high-performance step on the energy ladder, capable of delivering immense benefits here and now.

Baker Lutabi: The Engineer Perfecting Africa's Most Common Fuel

Baker Lutabi's improved biomass stove dream begins not in a workshop, but in memory. "Growing up in a village where meals took long to be prepared, under heavy smokes, I thought of something similar, but different," he recalls. That childhood experience of inefficient, health-damaging cooking became the foundational problem he sought to solve as an adult. The direct catalyst, however, was a government project. While supplying modernised ovens to catering schools, Lutabi observed a frustrating paradox; the expensive new technology still emitted smoke and gulped fuel. It was a revelation. The path forward, he concluded, was not

in importing alien technology, but in radically re-engineering the familiar. His epiphany was to treat the cookstove not as a simple household item, but as a piece of permanent, optimised thermal infrastructure. The result is not a stove you move, but a kitchen you build, a tiled, rectangular unit with dedicated combustion chambers, heavy-duty pot stands, and controlled airflows, designed to serve institutions feeding hundreds.

Lutabi's approach represents a significant philosophical departure in the clean cooking sector. While global attention and investment increasingly chase high-tech, fuel-switching solutions like electric induction or biogas, his innovation accepts a ground truth; for mil-





lions across Africa, biomass will remain the primary cooking fuel for decades to come. The urgent question, then, is not just how to replace it, but how to master it. Lutabi's work provides an answer, focusing not on the fuel itself, but on the physics of its combustion. By incorporating volcanic rocks as a heat-retention core and meticulously designing for insulation and airflow, his stoves aim to extract every possible unit of useful energy from a piece of wood or a briquette, turning a problem of consumption into a challenge

of engineering.

The Efficiency Equation

The value proposition of Lutabi's stoves is articulated not in vague promises but in a clear efficiency equation. Where a traditional three-stone fire or basic metal sigiri loses most of its heat to the surrounding air, the improved biomass stove's enclosed design captures and directs it. Lutabi, now Director of Fuego Uganda, states the benefits plainly: the stoves are safe, emit minimal harmful

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A lunch for hundreds that might have required two trucks of wood per term can now be prepared with one

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smoke, use significantly less fuel, and cook faster. The data underpinning these claims is compelling. Such stoves can achieve fuel savings of 30-60% compared to open fires. For an institution like a school or a prison, this doesn't just mean lower costs; it fundamentally alters logistics. Needing half the firewood means half the storage space, half the transportation, and half the labour for collection or purchase. The economic translation is direct. A lunch for hundreds that might have required two trucks of wood per term can now be prepared with one. The health calculation is equally powerful. By achieving more complete combustion, these stoves dramatically reduce the emissions of fine particulate matter (PM2.5) and carbon monoxide—the invisible killers responsible for an estimated 3.2 million premature deaths annually from household air pollution. For the cook, the change is immediate: a kitchen where the walls stay clean, the air is clear, and the risk of chronic respiratory disease plummets. This fusion of economic and health benefits creates a powerful investment case, positioning the stove not as an expense, but as an asset that pays dividends in saved cash and preserved well-being.

The Market Reality

Translating technical potential into widespread adoption is where Lutabi's journey meets the complex realities of the Ugandan market. His business model is built on trust and customization. Stoves are not off-the-shelf products but bespoke installations,

priced from around Shs2 (approximately \$500) and tailored to a client's specific space and volume needs. He requires a 75% deposit, with the balance due after installation and training, a structure that shares risk and ensures client satisfaction. "I teach my clients how to use the stoves after installation, so that they do not face any problems," Lutabi explains, highlighting the critical after-sales support often missing in the sector. Yet, the path of an innovator is fraught with obstacles. He candidly mentions clients who would "rather sic dogs on them than make a full payment," a stark reminder of the challenges of collecting payment and enforcing contracts. Furthermore, his stoves operate in a policy environment often more attuned to flashier, imported solutions. While Uganda's clean cooking strategy rightly purses a mix of technologies, the danger is that intermediate, highly efficient biomass solutions are seen as a compromise rather than a critical, scalable bridge technology. Lutabi's stoves exist in this pragmatic middle ground—not as a permanent endpoint, but as an essential, high-performance step on the energy ladder, capable of delivering immense benefits here and now.

A Pragmatic Transition

In the global dialogue on energy access and climate, Baker Lutabi's work argues for a more nuanced ladder of transition. For countless institutions and households across Africa, the immediate choice is not between charcoal and electricity, but between wasteful charcoal and efficient charcoal. By mastering the combustion of biomass, Lutabi offers a viable, scalable rung on that ladder, one that saves forests, saves lungs, and saves money today. As the world grapples with how to achieve a just energy transition, the lesson from his workshop is clear: sometimes, the most transformative technology is not the one that changes the fuel, but the one that perfects the fire.

In the fight to preserve Uganda's forests and lungs, the humble briquette, and the entrepreneurs like Salma who master its craft, may prove to be among the most powerful fuels for change.

The Business Turning Farm Waste into Clean Fuel

Salma Tumwebaze's entrepreneurial journey began with a simple, exhausting calculation; the daily distance from her home in Bukerere to Kampala. Pursuing a career in cosmetology meant a gruelling commute that clashed with her family life. Seeking a venture she could run from home, she turned to an unlikely teacher, her husband, and an unlikely product; briquettes. In early 2025, he trained her at his factory in Seeta, imparting the craft of transforming organic waste into compact fuel blocks. Armed with this knowledge, Tumwebaze established Khainza Energy Briquettes (KEBs) from her homestead, solving her personal logistics puzzle by tapping into one of Uganda's most pervasive economic and environmental challenges; the search for sustainable cooking fuel.

Her pivot from beauty to biomass is more than a career change; it is a microcosm of a necessary shift in Uganda's economy. With over 90% of households reliant on wood or charcoal, the demand for biomass is a primary driver of deforestation, which degrades agricultural land and

exacerbates climate vulnerability. Tumwebaze's business model attacks this problem at its root, following a circular economy logic; waste in, energy out. By using agricultural residues like coffee husks and maize cobs; materials often left to rot or burn openly, she creates value from detritus, offering a cleaner-burning alternative to raw charcoal. Her story illustrates how environmental necessity, when channelled through entrepreneurial grit, can generate both livelihood and tangible ecological benefit.

Process, Product, and the Persistence of Rain

The manufacturing process at KEBs is a meticulous form of industrial alchemy. Tumwebaze describes it step-by-step: coffee husks or maize cobs are burned in a controlled environment to create biochar, which is then crushed into a fine, uniform powder. This powder is mixed with a binder of cassava porridge and molasses—a by-product of sugarcane processing that enhances flammability. The resulting feedstock is extruded into shape and then dried. This last step, however, unveils the venture's starkest vulnerability. In the open air, drying takes 10 to 15 days, a period dangerously extended by Uganda's frequent rains, creating supply bottlenecks and cash-flow constraints. "The rainy season affects my business," Tumwebaze admits, highlighting the fragile intersection of climate, energy, and small-scale industry. Yet, the product that emerges from this painstaking process offers a compelling value proposition. A 50-kilogram sack of KEBs

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A 50-kilogram sack of KEBs briquettes costs 50,000 Ugandan shillings (roughly \$13)

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HDR





briquettes costs 50,000 Ugandan shillings (roughly \$13) and can last a typical family up to six weeks. Customers report savings of up to 30% on their fuel bills, while gaining a cleaner, more consistent heat source that burns for up to six hours. For institutions like schools or restaurants, the economic case is even stronger. Tumwebaze's operation, selling two tonnes every fortnight, demonstrates a viable market. It also creates ripple effects: she employs a team of five, turning environmental work into tangible jobs. Her business is a living example of how the clean cooking transition can be an engine for local employment, particularly for women and youth in rural and peri-urban areas.

Ambition Versus Infrastructure

Tumwebaze's ambitions are constrained by the very physics of her production. The long drying time is her primary bottleneck, limiting output and making her business seasonal. Her plans for growth are therefore directly tied to overcoming this climatic hurdle. She is actively exploring loans to invest in a solar dryer, a technology that could slash drying time from two weeks to three days, effectively weatherproofing her production and allowing her to scale reliably. This need underscores a critical gap in the clean cooking ecosystem: access to appropriate, affordable technology and the patient capital required to purchase it. Her other major challenge is the inconsistent quality and supply of raw waste material. Securing a reliable stream of coffee husks or maize cobs requires building strong relationships with farmers and processors, often in bulk from distant locations. This logistical complexity eats into margins and tests the resilience of a small enterprise. Tumwebaze's story, therefore, is not one of effortless success, but of navigating a maze of practical obstacles, from weather to supply chains to finance, that define the reality of green entrepreneurship in emerging markets. Briquettes represent a critical "transition fuel"—a bridge between

the destructive status quo of raw charcoal and a future of fully renewable cooking. They don't require households to abandon familiar stoves or social routines; they simply offer a better, cleaner version of the fuel they already use. In the global narrative of climate action, dominated by vast pledges and complex technologies, Tumwebaze's work is a vital reminder. The path to sustainability is also paved with local solutions that solve immediate problems: reducing a fuel bill, creating a job close to home, cleaning the air in a kitchen. By turning agricultural waste into a commodity, she aligns her family's economic security with her community's environmental health. As she seeks a loan for a solar dryer, her journey continues to map the essential next steps for the sector; pairing entrepreneurial vision with the targeted financial and technological support that can turn a promising homestead venture into a scalable, climate-resilient enterprise. In the fight to preserve Uganda's forests and lungs, the humble briquette, and the entrepreneurs like Salma who master its craft, may prove to be among the most powerful fuels for change.





**SECTION 3: THE POLICY
& SCALE-UP CHALLENGE**



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By strategically blending public investment with private enterprise, focusing on both supply and demand, and embedding gender inclusion and sustainability into its core, the GIZ/EnDev partnership is showing how to build a sector that can endure.

From Kampala to the Continent: Can Uganda's Clean Cooking Model Be Replicated?

For millions of Ugandan families, cooking is not a simple chore but a daily health crisis. A toxic, grey haze, laden with particulates that damage lungs and shorten lives, hangs over the hearth as meals are prepared over open fires or inefficient stoves. This reliance on traditional biomass, practiced by 87 percent of Ugandan households, is a primary driver of respiratory illness, environmental degradation, and a significant economic burden, particularly for women. Yet, in 2025, a revolution gained momentum, powered not by a single breakthrough but by a sophisticated model of partnership and investment designed to rebuild an entire market from the ground up.

At the heart of this shift is a multi-year effort led by the German development agency GIZ through its global Energising Development (EnDev) programme and the Strengthening the Entrepreneurial Ecosystem for Clean Cooking (SEE-CC) initiative. The approach is a radical departure from short-term handouts. Instead of simply distributing stoves, it treats clean cooking as an investable sector requiring robust supply chains, savvy entrepreneurs, and an enabling policy environment. The results are beginning to speak for themselves: by the end of 2024, EnDev's market-based interventions had already enabled nearly 2.8 million Ugandans to

access modern cooking services, a number that continued to grow through 2025.

A Partnership Engineered for Scale

The linchpin of this strategy is a dense network of collaborations. GIZ/EnDev acts as a strategic architect, coordinating funding from the Netherlands, Denmark, and the European Commission and channelling it through a consortium of implementers. On the ground, they work in lockstep with Uganda's Ministry of Energy and Mineral Development (MEMD), ensuring national ownership, and with the Uganda National Alliance on Clean Cooking (UNACC), the unifying voice for the private sector. This public-private-developer triangle has moved from ad-hoc awareness campaigns to creating



permanent market infrastructure.

The most tangible symbol of this shift is the launch of the first Regional Clean Cooking Hub in Lweza, Central Uganda, in November 2025. Co-created by MEMD, UNACC, and GIZ/EnDev, the hub is a one-stop centre where consumers can access information, purchase a range of certified technologies—from advanced biomass stoves to electric pressure cookers—and crucially, receive after-sales service and repairs. This directly addresses a historic barrier to adoption: consumer fear that a broken stove means a lost investment. The Lweza hub is the first of five planned across the country, designed to be eventually owned and managed by local small and medium enterprises (SMEs), embedding sustainability into their very blueprint.

Building a Pipeline of Enterprise and Innovation

Behind these customer-facing hubs lies a deeper intervention aimed at the sector's backbone: local entrepreneurs. Through the Higher Tier Cooking Component (HTCC), GIZ/EnDev provides intensive business development coaching to help Ugandan clean cooking companies refine their models, access finance, and scale up. Recognizing that nascent markets need a spark of innovation, the programme launched an Innovation Challenge Fund, offering grants of €20,000–€50,000 to spur new technologies and business models. The goal is explicit: to move the market beyond basic, imported stoves and foster locally adapted, higher-tier solutions that offer greater efficiency and dramatically lower emissions. This focus on “higher-tier” technologies—such as efficient electric cooking appliances and advanced biomass stoves—is central to the long-term climate and health strategy. The HTCC aims to provide 600,000 people across its target countries, including Uganda, with access to these superior solutions. To catalyze this, the programme employs Results-Based Financing (RBF), a

powerful tool that rewards companies not for their promises but for their verified sales, particularly in hard-to-reach areas. In one refugee settlement initiative, RBF incentives motivated companies to reach nearly 15,000 households with improved cookstoves, proving that even the most vulnerable communities represent a viable market.

Gender and Inclusion

What distinguishes this endeavour is its intentional design for inclusion. The model understands that women, who bear the greatest health burden from smoky kitchens and shoulder the time poverty of fuel collection, must be central to the solution—not just as beneficiaries, but as entrepreneurs and decision-makers. Gender targets are woven into RBF schemes, incentivising companies to sell to women-headed households. Furthermore, specialised partner ENERGIA provides technical support to ensure a gender-transformative approach across the entire ecosystem, from enterprise support to policy advocacy, aiming to place women at the centre of the clean cooking agenda.

The Road Ahead and a Model for the Continent

Despite this progress, the scale of the challenge remains immense. Uganda aims for 50% clean cooking access by 2030, a leap from a very low baseline. Affordability, rural electrification, and deep-seated cultural habits are persistent hurdles.

Yet, the Ugandan experiment offers a compelling blueprint. It demonstrates that the transition to clean cooking is not a charity project but a complex market-building exercise. By strategically blending public investment with private enterprise, focusing on both supply and demand, and embedding gender inclusion and sustainability into its core, the GIZ/EnDev partnership is showing how to build a sector that can endure. As African Union Commissioner Lerato Mataboge has argued, clean cooking must be seen not as a cost but as an “investment opportunity”. In Uganda, that investment is finally being made, one partnership, one enterprise, and



The Pressure-Cooker Problem: Can Uganda Kick Its Charcoal Habit?

The ultimate success of Uganda's clean cooking revolution will not be measured by the number of strategies printed, but by the decline of charcoal sacks on the backs of bicycles and the silent kitchens free of smoke-induced coughs.

In a classroom in Kiryandongo District in mid-western Uganda, a group of women from South Sudan's refugee settlements are learning a new skill. Their teacher is not from an aid agency but from the Uganda National Alliance on Clean Cooking (UNACC), a local lobby group. The lesson is how to use a modern stove, but the curriculum is far broader; it is a masterclass in overcoming deep-seated scepticism.

The women eye the shiny gadget with suspicion. "Food cooked this way is not sweet," murmurs one, echoing a myth as stubborn as the soot on the walls of a traditional kitchen. This scene, repeated in over 30 districts across Uganda in 2025, captures the central tension in the country's quest for a clean cooking revolution. In the same year, the government launched its first National Integrated Clean Cooking Strategy (NICCS), a

bold plan to cut biomass use by nearly two-thirds and halve cooking emissions by 2040. Yet, in the markets and homes where it matters, progress is measured in quiet conversations and hard-won trust, not just policy papers. The real story of this transition is a tug-of-war between high-level ambition and grassroots reality, fought one stove and one myth at a time.

From Smoke-Filled Rooms to Strategy Papers

For decades, the narrative around cooking energy in Uganda was one of intractable crisis. More than 90% of the population relies on wood or charcoal, leading to rampant deforestation and filling homes with toxic smoke linked to thousands of deaths annually. The market for alternatives was a fragmented puzzle, with dozens of NGOs, government bodies, and private companies working in silos, often at cross-purposes.

UNACC's quiet but consequential achievement has been to begin assembling this puzzle. As the unifying alliance for the sector, its most significant 2025 milestone was helping to shape the NICCS, which promises a coordinated national push for the first time. "Before, everyone was pulling in different directions," explains Jackline Namaadi, a Business Development Officer at UNACC. "Now, we have a single map." In a telling sign of the sector's coalescing strength, 20 new enterprises joined the alliance last year, bringing its membership to 170.

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The new national strategy is a shell without the hardware of implementation. Financing is the most critical shortfall

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This policy progress is being tested on the ground through sprawling roadshows. UNACC's caravans, often featuring a dozen member companies, roll into towns to stage demonstrations in markets and community halls. In Kabale, a city in the cool southwestern highlands, the persistent advocacy of UNACC and partners like the German development agency GIZ has sparked a quiet social revolution. A women's self-help group, initially formed to pool savings to buy a single electric pressure cooker, has grown into a 14-member "Clean Cooking Ladies" collective. They now act as peer ambassadors, their success a powerful counter-narrative to the belief that modern appliances are only for the urban elite. Nationwide, UNACC directly facilitated the sale of over 1,700 pressure cookers last year—a small but tangible dent in the market.

The Gaping Holes in the Pot

Yet, for every story of adoption, there are multiple barriers still smoking. The new national strategy is a shell without the hardware of implementation. Financing is the most critical shortfall. "Funds cut us off," admits Ms Namaadi, explaining how a lack of money limits promotional materials, translators for local dialects, and the reach of campaigns. While the government offers some subsidies through Result-Based Financing, access is uneven, creating a lopsided market where prices vary wildly and remain out of reach for most. A basic electric pressure cooker can cost a month's income for a rural family, with no widespread "pay-as-you-go" financing to ease the burden.

Infrastructure is another stark limitation. The romantic notion of a solar- or electricity-powered kitchen crashes into the reality of Uganda's grid. Outside major towns, power is either absent or hilariously unreliable. Promoting an electric stove in a village that gets four hours of electricity a day is an exercise in frustration. "The appliances are of no use where there is no power," Ms Namaadi states plainly.

Perhaps the most pernicious challenge is



the gap between policy and practice. The alliance successfully lobbied for tax exemptions on some clean cooking technologies. However, officers from the Uganda Revenue Authority (URA) at border posts and checkpoints are often unaware of the exemptions. "They end up demanding tax, which discourages the whole business," Ms Namaadi laments. This regulatory fog stifles the very market the government's strategy aims to stimulate.

Hubs, Governance, and Carbon Cash

Confronting this, UNACC's plan for 2026 is less about flashy new announcements and more about the unglamorous work of building systems. Its central pillar, supported by GIZ, is to establish five regional clean-cooking hubs outside the capital, Kampala. These would be more than showrooms; conceived as one-stop centres for sales, training, and, crucially, maintenance and repair, they aim to solve the chronic after-sales service desert that kills consumer confidence.

A parallel focus is strengthening the alliance's own bones. After years of rapid growth, clarifying governance and professionalising its secretariat is a priority to better coordinate its now-large membership. Advocacy will sharpen on making the NICCS real: pushing for the enforcement of tax breaks, the establishment of mandatory quality standards to rid the market of shoddy stoves, and unlocking new finance.

Here, a novel ingredient is entering the recipe: carbon finance. Uganda's clean cooking drive is a significant carbon-reduction project. UNACC is now exploring how to help its small- and medium-sized enterprise members navigate the complex world of carbon credits. If successful, it could create a sustainable revenue stream, turning avoided emissions into a direct subsidy for stoves. Additionally, a major push on business-skills training is planned for members, many of whom are passionate innovators but lack basics like invento-

ry management, which limits their growth and appeal to investors.

A Simmering Transition

The path to 2040 will not be a straight line. It winds through refugee settlements where trust is built over shared meals, through women's savings groups redefining financial independence, and through bureaucratic battles with tax officials. The National Integrated Clean Cooking Strategy provides a destination, but UNACC's work reveals the arduous journey required to get there.

The ultimate success of Uganda's clean cooking revolution will not be measured by the number of strategies printed, but by the decline of charcoal sacks on the backs of bicycles and the silent kitchens free of smoke-induced coughs. It hinges on making the cleanest option also the easiest, most affordable, and most reliable one. For now, the pot is on the fire, but the heat, as any good cook knows, must be just right.



In 2025, FAO-organized stakeholder dialogues and workshops laid critical groundwork, positioning bioethanol as a viable, nationally relevant solution.

The FAO's Holistic Defense of Farms and Forests

For generations, the hearth has been the heart of the African home. Yet, this centre of warmth and nourishment has also been a source of a silent crisis. Across the continent, the pervasive reliance on firewood and charcoal for cooking exacts a devastating toll: millions of premature deaths from household air pollution annually and rampant deforestation that undermines climate resilience. In Uganda, where over 87% of households depend on these polluting fuels, the problem is particularly acute, driven by deep cultural traditions and economic necessity. While the global community has pledged billions to address this, most recently with a \$2.2 billion commitment at the 2024 Clean Cooking Summit, solutions have often focused narrowly on distributing stoves or fuels, overlooking a fundamental driver of the crisis.

Enter the Food and Agriculture Organization

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By promoting clean cooking, the FAO directly tackles an environmental threat to food security.

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of the United Nations (FAO). With a unique mandate that spans hunger, natural resources, and rural livelihoods, the FAO is pioneering a transformative approach in Uganda. It views the clean cooking challenge not merely as an energy gap, but as a critical intersection of agricultural productivity, environmental health, and gender equity. In 2025, the FAO's work redefined success, moving beyond counting stoves delivered to measuring time saved, trees preserved, and soil enriched—forging a new, integrated pathway toward sustainability.

The Agricultural Nexus: Why FAO Leads on the Hearth

The FAO's entry into the clean cooking arena is a strategic and logical evolution of its core mission. According to Anne Nyambane, FAO's Refugee Response and Sustainable Energy specialist in Uganda, the connection is clear. Agriculture, particularly in sub-Saharan Africa, is predominantly run by women who are also primarily responsible for household cooking and fuel collection. The hours spent foraging for dwindling wood supplies are hours lost from tending farms or engaging in income-generating activities, directly stifling agricultural productivity and household nutrition.

Furthermore, agriculture depends on a stable environment. The staggering demand for wood fuel, accounting for an estimated 90% of all wood harvested in Africa, is a primary engine of deforestation, leading to soil degradation, loss of biodiversity, and weakened resilience to climate shocks. By promoting clean cooking, the FAO directly tackles an environmental threat to food security. This holistic understanding frames the organization's 2025 strategy: to leverage clean cooking as a multiplier for achieving its goals of zero hunger, sustainable agriculture, and climate action.

A Multi-Pronged Strategy Rooted in Partnership

The FAO's annual achievements are not found in a single, monolithic project, but in a tapestry of targeted interventions designed to



strengthen the entire ecosystem for clean cooking.

Pioneering Home-Grown Fuels

A flagship initiative has been the push for bioethanol as a clean-burning cooking fuel. Through the Global Bioenergy Partnership, the FAO worked with Uganda's Ministry of Energy and Mineral Development to develop the policy and market frameworks to scale bioethanol production. The genius of this model is its circularity: bioethanol can be produced locally from agricultural by-products like sugarcane residue or surplus crops. This creates a new revenue stream for farmers, provides a cleaner alternative to charcoal, and reduces the environmental burden of agricultural waste. In 2025, FAO-organized stakeholder dialogues and workshops laid critical groundwork, positioning bioethanol as a viable, nationally relevant solution.

The "Last-Mile" Advocacy

Recognizing that awareness is the first step to adoption, the FAO has been a key partner in national outreach campaigns. Collaborating with the Uganda National Alliance on Clean Cooking (UNACC), the FAO supported regional exhibitions and live cooking demonstrations in cities like Kampala, Jinja, Hoima, and Mbale. These events went beyond showcasing electric pressure cookers or improved stoves; they were immersive experiences that allowed communities to see, touch, and taste the benefits of clean cooking, directly countering the deep-seated myth that food cooked with modern methods lacks flavour.

Building Bridges Between the Kitchen and the Farm

The FAO's most distinctive contribution may be in connecting clean cooking directly to farming outcomes. In rural districts like Katakwi and Kaberamaido, the organization promoted biogas systems. For a farming household with livestock, a biogas digester transforms manure into clean, smoke-free cooking gas. The residual slur-



ry is a potent organic fertiliser, closing the loop by boosting crop yields and soil health. This creates a powerful economic incentive: the clean cooking technology pays for itself not just in saved fuel costs, but in improved farm output.

Systemic Change

The impact of this integrated approach manifests in several key areas:

Environmental Stewardship: By advocating for alternatives like bioethanol and biogas, and through broader afforestation campaigns, the FAO's work directly counteracts deforestation linked to charcoal production—a leading cause of environmental degradation in Africa.

Gender Empowerment and Health: Freeing women from hours of daily fuel collection grants them the “time wealth” essen-

tial for farming, business, and education. Simultaneously, reducing exposure to toxic kitchen smoke addresses a major public health threat.

Market and Policy Development: The FAO has actively engaged the private sector, encouraging not just clean stove distributors but also former charcoal producers to shift to sustainable practices. Its policy dialogue with the government helps align clean cooking initiatives with national agricultural and energy plans, ensuring they are not standalone projects but part of Uganda's broader development vision.

Navigating Challenges and the Road Ahead

The path is not without obstacles, as Nyambane acknowledges. Limited resources constrain the scale of direct household support. The clean cooking market remains underdeveloped in remote rural areas, requiring patient work to attract private sector interest. Furthermore, donor funding for the essential “soft” components—awareness campaigns, policy advocacy, and capacity building—is often harder to secure than for hardware procurement, despite being critical for long-term adoption.

Looking to the coming year, the FAO's strategy is clear: deepen the integration. The focus will be on resource mobilisation to scale successful models like bioethanol and biogas, explicitly linking them to government priorities for efficient biomass stoves and LPG. The goal is to move from pilot projects to systemic change, ensuring that the transition to clean cooking in Uganda is not just about changing stoves, but about strengthening the very foundations of its agricultural and environmental future. In doing so, the FAO offers a compelling model: true sustainability is achieved not by addressing challenges in isolation, but by understanding and nurturing their profound interconnections.





SECTION 4: FINANCE & INFRASTRUCTURE



According to the bank, the Equi-Green initiative has facilitated the sale of over 51,000 clean energy products across Uganda.

The Credit Engine Fueling Uganda's Clean Cooking Revolution

In a market in northern Uganda, a woman rolls up the sleeves of a smoke-stained blouse. For years, a persistent cough has been her companion, a side effect of cooking over charcoal. Her story is not unique. For most of Uganda's population, preparing a daily meal is an act of slow-motion self-harm and environmental damage, reliant on wood and charcoal that fill homes with toxic smoke and strip the nation's forests bare.

Yet, in that same market, a new narrative is being written by a most modern of characters: a commercial bank. Far from the carbon-credit conferences of the Global North, Equity Bank Uganda is pioneering a simple, replicable, and potentially revolutionary model to solve one of Africa's most persistent development challenges. It is proving that the most powerful fuel for the clean cooking transition might not be gas or electricity, but affordable credit.

The numbers are stark. Over 900 million people in sub-Saharan Africa still rely on traditional biomass, a major contributor to the estimated 3 million premature deaths globally each year from household air pollution. In Uganda, the challenge is acute. The International Energy Agency estimates that an annual investment of \$37 billion is needed by 2040 to achieve universal access in Africa, a figure that dwarfs current commitments.

The Green Loan That Cracked the Affordability Code

For decades, the clean cooking sector has been caught in a chicken-and-egg di-

lemma. Manufacturers could not achieve the economies of scale to lower prices without mass adoption, and consumers—particularly low-income households—could not afford the steep upfront cost of a cleaner stove or a gas cylinder. This affordability barrier was the wall that Equity Bank decided to scale.

In 2022, in partnership with the government's Uganda Energy Credit Capitalisation Company (UECCC), the bank launched the "Equi-Green" loan. The concept was elegantly simple: provide small, manageable loans starting from UGX 200,000 (about \$50), repayable over 6 to 12 months, specifically for clean energy products. A customer can walk into any of Equity's 45 branches, secure the financing, and pick up their product, be it an improved cookstove, a solar lighting system, or a water tank, from a nearby agent.

"The aim of the Product is to enable Ugandans... by addressing the affordability barrier arising from the up-front cost," said Roy Baguma Director of UECCC, at the launch. This move transformed clean cooking from a distant aspiration into an immediate, purchasable reality.

The results have been striking. According to the bank, the Equi-Green initiative has facilitated the sale of over 51,000 clean energy products across Uganda. While this figure encompasses solar lights and water systems, a significant portion represents clean cooking technologies reaching households, small businesses, and institutions. To fuel this expansion, Equity and UECCC secured an additional UGX 5 billion in green finance, demonstrating the model's viability to attract capital.



A Multiplier Effect of Impact

Equity's strategy recognizes that clean cooking is not a siloed issue but a linchpin for broader development. The bank's logic is that of a multiplier effect. By freeing up household income previously spent on diminishing piles of charcoal, the loans reallocate resources to education and health-care. The immediate health benefits are profound, reducing exposure to the harmful particulates that cause respiratory and car-

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This affordability barrier was the wall that Equity Bank decided to scale.

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diovascular diseases.

The environmental calculus is equally compelling. In a powerful parallel initiative highlighting the scale of the problem, Equity Group Foundation is working to transition Kenyan schools, which consume over 10 million trees annually for cooking, from wood to cleaner liquefied petroleum gas (LPG). In Uganda, the bank's own environmental stewardship, including planting over 30,000 trees in 2024, is a direct counter to the deforestation driven by charcoal demand.

Perhaps most strategically, Equity is embedding this work within a larger framework of climate finance. The bank has participated in capacity-building workshops led by the Clean Cooking Alliance (CCA) to understand carbon finance, a mechanism where emissions reductions from clean cookstoves can generate sellable credits. This positions Equity not just as a lender, but as a potential gateway for Uganda to access the burgeoning global carbon market, turning verified

health and environmental benefits into a sustainable revenue stream for future lending.

Credit as a Catalyst

Equity Bank's experiment in Uganda offers a compelling blueprint, but it is not a panacea. The "Equi-Green" model successfully tackles the affordability barrier, but it runs parallel to other critical challenges: unreliable electricity grids hinder electric pressure cookers, and supply chains for fuels like LPG remain underdeveloped. There is also the stubborn challenge of "fuel stacking," where households, often due to cost or habit, use clean technologies alongside dirty ones, diluting the health benefits. Nevertheless, Equity has demonstrated a crucial truth: the private sector, and particularly consumer-facing finance, can be a potent catalyst. It has moved beyond cor-

porate social responsibility and positioned clean cooking as a core business opportunity, a market of millions of eager, credit-worthy customers. By providing the financial bridge, the bank has activated demand and empowered a network of over 18 clean energy implementation partners to scale up.

As one senior Equity manager noted, transitioning to cleaner energy allows families to "reallocate funds saved... to other basic needs such as education or healthcare". This is the ultimate promise of the model. It suggests that the path to a smoke-free kitchen in Uganda, and across Africa, may be paved not by aid alone, but by smart, accessible finance that trusts people to invest in their own health, prosperity, and environment. In the ledger of development, that is an investment with a truly transformative rate of return.





How the Renewable Energy Training Centre (RETC) is Bridging Uganda's Skills Gap

The establishment of the RETC was inspired by the need to expand Uganda's training landscape beyond basic solar home systems to include advanced technologies for rural electrification, energy efficiency, and productive energy use.

In a significant step toward institutionalising sustainable energy, the Ministry of Energy and Mineral Development (MEMD) officially unveiled the Renewable Energy Training Centre (RETC).

This milestone marks the formal management transition from GIZ Uganda, the Co-

logne Chamber of Skilled Crafts and Small Businesses (HWK) in Germany, and the Nakawa Vocational Training Institute (NVTI) to the Ministry of Energy, signifying a new chapter in Uganda's journey toward a green economy.

Launched in July 2025, at a function that was

officiated by Eng. Irene Pauline Bateebe, the Permanent Secretary, Ministry of Energy and Mineral Development, the RETC is designed to scale clean cooking and electrification across the country by producing a specialised technical workforce.

The main objective of the Centre is to address a critical skills gap that has historically hindered the long-term success of renewable energy projects in the region.

Bridging the Skills Gap with Certified Expertise

The Renewable Energy Training Centre was founded with a mission to move beyond theoretical potential. By equipping professionals with hands-on experience, the Centre ensures that Uganda's energy infrastructure is built and maintained by a homegrown workforce. Mr. David Otieno, Head of the Energy and Climate Programme at GIZ Uganda, noted at the launch that the Centre has already trained over 1,000 students, impressively achieving a 60% female enrollment rate.

"This emphasis on gender inclusion is a vital component of professionalising the renewable energy sector and fostering a diverse workforce in e-mobility and solar technologies," he noted.

He revealed that the RETC distinguishes itself through an apprenticeship-based skilling model that prioritises real-world application over traditional classroom learning. The curriculum, according to Mr. Otieno, focuses on four specialised pillars, which include:

Solar Energy: Training ranges from residential rooftop systems to commercial mini-grids.

Hydro Power: Providing technical insights into micro-scale hydroelectric systems for rural communities.

Biomass Solutions: Enhancing efficiency in organic waste-to-energy conversion and clean cooking.





Energy Efficiency: Auditing skills to help institutions reduce waste and operational costs.

How RETC is Impacting Ugandan Communities

The impact of this training centre is already being felt in regions like Lango and Acholi. Mr. John Steven Adiru, a graduate from Uganda Technical College, Lira, testified that the training of over 50 youth in his region has built local technical capacity, eliminating the need to hire external technicians for regional projects.

The handover ceremony was a testament to effective multilateral collaboration.

Mr. Philippe Roussel, Deputy Head of German Development Cooperation, reaffirmed Germany's 60-year partnership with Uganda, emphasizing that the Renewable Energy Training Centre lays the groundwork for job creation and sustainable development. Mr. Sofian Dahmani of the European Union (EU) described the Centre as a 'strong symbol of effective collaboration,' noting Team Europe's commitment to expanding electricity access and integrating regional energy markets.

In her remarks, Eng. Bateebe highlighted that the RETC aligns with the National Development Plan IV (NDP IV) and Vision 2040, aiming for 80% electrification by 2040.

"The establishment of the RETC was inspired by the need to expand Uganda's training landscape beyond basic solar home systems to include advanced technologies for rural electrification, energy efficiency, and productive energy use," Eng. Bateebe said.

RETC as a National Training Hub

Eng. Irene Pauline Bateebe revealed that under the Ministry's leadership, the vision for the RETC includes sustaining operations through a long-term business model and fostering innovation through new partnerships.

She noted that the Ministry is committed to extending the Renewable Energy Training Centre model to other technical colleges across Uganda to ensure regional accessibility. She concluded by stating that as technology in the country evolves, the RETC will ensure that Uganda's human capital evolves with it, remaining a cornerstone of the nation's strategy for clean, reliable, and affordable energy.

A serene night landscape featuring a calm body of water reflecting a starry sky and a dense forest of trees. The sky is a deep, dark blue, filled with numerous small, bright stars. The water is still, acting as a perfect mirror for the stars and the dark silhouettes of the trees. The trees are dense and appear to be a mix of evergreens and deciduous trees, some with hints of autumnal colors. The overall mood is peaceful and quiet, capturing a moment of natural beauty under the night sky.

SECTION 5: ENVIRONMENT & GLOBAL IMPACT



He connects the hyper-local, a deforested patch in Terego, to a global imperative of carbon reduction.

Trading Trees for Stoves: A Local Solution to a Global Problem



For David Olima, founder of Kendeza Carbon Company, inspiration was born of loss. After a decade away, his return to Terego district in Northern Uganda in 2024 was not a warm homecoming to familiar landscapes, but a shock. The tall, beautiful trees that once lined the roads were gone; forests had been cleared. The cause was as ubiquitous as it was destructive; the insatiable demand for firewood and charcoal. “The environment and the people were both suffering,” Olima observed. He saw a dual crisis; families choking on the smoke from their own hearths, and the land itself being stripped bare to feed those fires. This visceral encounter with deforestation and its human cost propelled him to act. He moved not into activism or aid, but into commerce. In early April 2025, on Entebbe Road near Kampala, he opened a shop with a mission; to provide an alternative. He

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Their feedback was his first market validation: the stoves used 60% less charcoal and emitted far less smoke.

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named it “Kendeza Carbon,” a direct declaration of his aim, to reduce the carbon emissions tied to traditional cooking.

Olima’s origin story is archetypal of a new wave of African climate entrepreneurship. The catalyst is not abstract global data, but localized, visible degradation. The response is not a plea for external help, but the creation of a homegrown enterprise. His journey mirrors a critical shift in the clean cooking sector: the move from seeing users as beneficiaries of donated technology to recognizing them as customers in a market that needs to be built, educated, and served. He started not with a grand marketing plan, but by supplying improved cookstoves to family and neighbors in Terego. Their feedback was his first market validation: the stoves used 60% less charcoal and emitted far less smoke. This proof-of-concept, gathered in the community he sought to help, became the foundation of his business.

Curating a Portfolio of Alternatives

Kendeza Carbon’s strategy is defined by a pragmatic, non-dogmatic inclusivity. Olima does not preach a single technological salvation. Instead, he operates on a simple principle: “For every cooking fuel, we have a solution.” His shop is a curated portfolio

of transitions. For households clinging to charcoal, he offers highly efficient improved cookstoves. For those with unreliable but extant grid connections, he promotes electric pressure cookers. For the growing market seeking gas, he supplies modern burners. This “one-stop center” philosophy is commercially astute. It meets customers where they are, both in terms of fuel preference and budget, lowering the psychological barrier to entry. It acknowledges the reality of “fuel stacking,” where households use multiple energy sources, and seeks to make every step on that ladder cleaner and more efficient.

This approach has borne fruit in a remarkably short time. Since its launch in early 2025, Kendeza Carbon has moved beyond friends and family to a growing customer base. Olima estimates the use of his products has saved over 500 trees from being felled for fuel, a tangible, local environmental metric. Furthermore, he has become an integral part of the national clean cooking infrastructure. Partnering with the Uganda National Alliance on Clean Cooking (UNACC), his company has participated in awareness campaigns across over 30 towns. Most significantly, Kendeza Carbon was involved in commissioning the national clean cooking hub center in Lweza, positioning Olima not just as a retailer, but as a stakeholder in the sector’s systemic development.

Confronting the Affordability Wall

Despite these achievements, Olima’s profile would be incomplete without the stark challenges that define his market. The foremost is affordability. In a context where a basic charcoal stove might cost a few thousand Ugandan shillings, introducing an “improved” model costing ten times as much is a monumental hurdle. “Most communities had never heard or seen a cooking stove above 10,000 shillings,” Olima explains. The value proposition—long-term savings on fuel, improved health—collides with the immediate reality of scant disposable income. This is not a failure of product design, but a profound market failure where the long-term societal costs of

dirty fuel are not reflected in its low up-front price.

Compounding this is the sheer lack of awareness. In many areas he visited, clean cooking technologies were not just unaffordable; they were unimaginable. “They could not demand for something inexistent to them,” Olima notes. This creates a vicious cycle: low awareness suppresses demand, which keeps production volumes low and prices high, which further suppresses adoption. His work, therefore, is as much about education as it is about sales. Every exhibition and demonstration is an act of market creation, slowly shifting public perception from seeing clean stoves as a luxury to understanding them as a worthwhile investment in family health and financial efficiency.

From Roadshows to TikTok

Confronting these barriers shapes Olima’s plans for 2026. His strategy is two-pronged: deepen physical outreach and harness digital tools. He intends to visit more communities, extending the grass-

roots campaign that started in Terego. Alongside this, he plans a foray into social media awareness, specifically via TikTok. This is a shrewd recognition of demographic realities. To reach the next generation of household decision-makers, he must go where they are. Short, compelling videos demonstrating the speed of an electric pressure cooker or the cleanness of a biogas flame could be a powerful tool to demystify technology and build aspiration.

Olima is not a tech disruptor promising to vaporize an industry, but a builder constructing a new market brick by brick, stove by stove. He connects the hyper-local, a deforested patch in Terego, to a global imperative of carbon reduction. His success, measured in trees saved and kitchens transformed, demonstrates that the energy transition will be built not only by multinationals and governments but by local merchants who understand that the most powerful tool for change might just be a well-stocked shop and a convincing demonstration. In the fight for clean air, Olima is proving himself to be a merchant of vital goods.





Countries Commit to Mobilise US\$1.3Trn Annually to Finance Clean Cooking at COP30

It was recognised that since the collection of firewood is a major driver of deforestation and forest degradation in Africa, accelerating the transition to clean cooking, especially e-Cooking and biogas, is one of the most effective ways to secure long-term, predictable forest protection.

The 30th Conference of the Parties (COP30) held in Belém, Brazil, in November 2025 delivered major financial and implementation commitments, which, while not explicitly addressing clean cooking, laid the critical foundation for amplifying solutions essential for climate adaptation, public health, and a Just Transition.

Hailed as the “Implementation COP,” the final Belém Political Package focused on shifting financial resources and technical assistance to developing countries, among them Uganda, a move that directly bene-

fits the widespread promotion and adoption of clean cooking technologies.

The most significant outcomes of COP30 relate to climate finance, which is necessary to shift households away from polluting biomass fuels (firewood and charcoal) toward modern solutions like Electric Cooking (e-Cooking), Biogas, and Liquid Petroleum Gas (LPG).

Boosting Adaptation Finance

The attending countries agreed on a political signal to triple finance for climate ad-



aptation by 2035, aiming to mobilise at least US\$120B per year. Since clean cooking is a powerful adaptation measure that reduces vulnerability to deforestation and mitigates health risks, these funds provide a vital funding stream. The goal to mobilise at least US\$1.3 trillion annually by 2035 to promote the adoption of clean cooking was reaffirmed at the conference. Clean cooking, which aligns with both climate mitigation (reducing black carbon emissions) and adaptation, is strongly positioned to access portions of this New Collective Quantified Goal (NCQG).

Loss and Damage Fund

The Conference agreed that continued progress on the Loss and Damage Fund, agreed at COP28, is important, as reliance on dirty fuels disproportionately affects vulnerable communities who suffer from both poor health outcomes and cli-

mate vulnerability.

The Just Transition and Mandate for Clean Cooking

The concept of a Global Just Transition was also formally institutionalised at COP30, placing clean cooking firmly within the global climate agenda. This development led to the unveiling of the Belém Action Mechanism (BAM). This new formal mechanism was established

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By promoting clean cooking, the FAO directly tackles an environmental threat to food security.
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to coordinate technical assistance, capacity-building, and resource mobilisation for a Global Just Transition to clean cooking. For Africa and South Asia, it was noted that the shift from household air pollution (HAP) and biomass dependency is central to labour, health, and gender equity.

The BAM thus provides a framework to fund programs that ensure this energy transition is fair and inclusive, hence being 'just'. Jil-lene Connors Belopolsky, the Chief of Staff and External Affairs at the Clean Cooking Alliance, stressed that clean cooking has moved from a niche issue to the mainstream of climate conversations.

"The COP30 should be a launchpad for the clean cooking revolution, indicating strong momentum and a clear signal that the world is ready to treat it as a serious issue that deserves global attention and support," Belopolsky said. She noted that the commitment in Belém is not simply about reducing emissions, but about recognising that climate action must be inseparable from human dignity.

According to Belopolsky, initiatives like the Global Implementation Accelerator will assist countries in strengthening their Nationally Determined Contributions (NDCs) and National Adaptation Plans (NAPs). As many countries now include clean cooking targets within their NDCs, due to its dual impact on health and carbon emissions, this initiative will provide the technical support needed to achieve those targets.

Damilola Ogunbiyi, the Special Representative of the UN Secretary-General for Sustainable Energy for All observed that, "With schools being the second-largest consumers of biomass energy after households, clean cooking solutions are vital. I am pleased with the launch of the Platform for Clean Cooking in Schools at the COP30 to accelerate clean cooking in schools globally. "

Forests and Nature-Based Solutions

Held on the edge of the Amazon, the con-

ference strongly emphasised forests, directly linking the deforestation crisis to reliance on biomass fuels. In a bid to fight rampant deforestation, Brazil launched the Tropical Forest Forever Facility (TFFF), a financial mechanism to reward countries that protect tropical forests. It was recognised that since the collection of firewood is a major driver of deforestation and forest degradation in Africa, accelerating the transition to clean cooking, especially e-Cooking and biogas, is one of the most effective ways to secure long-term, predictable forest protection payments under the Tropical Forest Forever Facility (TFFF).

Speaking during a panel discussion on clean cooking organised by the OPEC Fund for International Development, Kenya's Climate Envoy Ali Mohamed stressed the need for an accelerated and localised transition to modern cooking technologies.

"Any transition must begin with people, and experience shows that technologies only work when they make sense in the context of how families cook," Mohamed said.

He noted that this local approach can make clean cooking far more accessible to communities.

Mohamed emphasised the profound link between cooking and climate, pointing out that "Africa loses around 12,000 hectares of forest every year, much of it because of unsustainable cooking fuels."

He also noted that more than 21,500 premature deaths annually are attributed to pollution from traditional cooking methods in Kenya alone.

To address the historical fragmentation, he cited Kenya's Clean Cooking Delivery Unit as a model of focused coordination now being replicated by over 15 countries, among them Uganda.

While the conference focused primarily on large-scale fossil fuel omission and adaptation indicators, the significant outcomes in finance, just transition frameworks, and forest protection solidify the global necessity for achieving universal access to clean cooking as an essential step toward meeting the 15°C goal and ensuring resilient development.

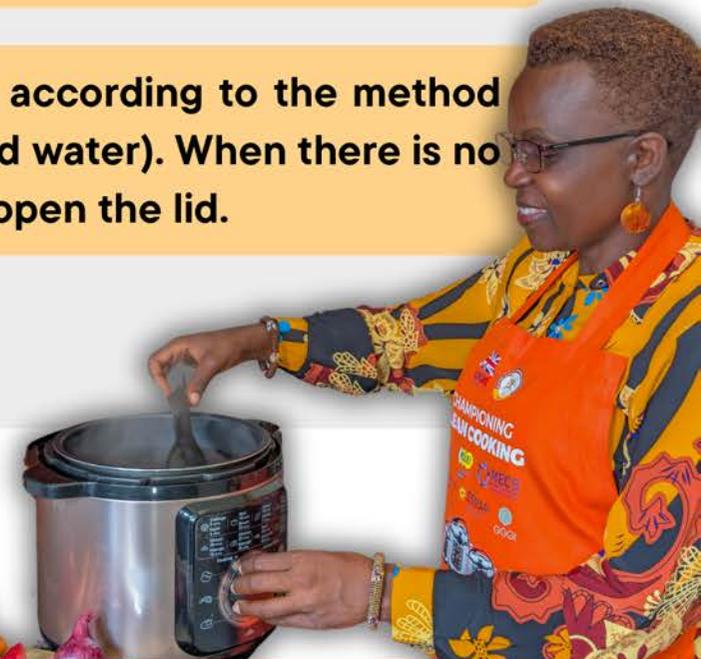


How to use your EPC

Based on the concept of pressure cooking, electric pressure cookers speed up the cooking process. Depending on the food, the amount of time that is saved can be considerable (up to 7 or 8 times faster than traditional cooking in a pan or oven).

Nevertheless, a few basic principles must be followed to ensure the safety of pressure cooking. There are 5 steps to using your electric pressure cooker well;

- 1 Place your raw or previously cooked food (as per the recipe) in the pot or the steam basket of the pressure cooker.**
- 2 Add at least 1 glass of cooking liquid and keep the cooker no more than half full. Adjust liquid based on the recipe and cooking time.**
- 3 Close the cooker securely, following the sealing instructions, and heat on high until the liquid turns to steam.**
- 4 Once the desired pressure is reached, steam will escape through the regulator, or the pressure indicator will rise, depending on your cooker model. Reduce the heat and cook for the time specified in your recipe.**
- 5 After this time, turn off the heat and reduce the pressure according to the method indicated in the recipe (natural or rapid release or under cold water). When there is no more steam (or the pressure indicator goes down), you can open the lid.**



How to clean and maintain your EPC

By following a few simple guidelines, you'll be sure to enjoy your electric pressure cooker for many years to come! These EPCs are super robust and durable. Made without special coatings or fragile accessories, they won't let you down no matter how hard you push them.

- 1** Wash the pan and lid of your electric pressure cooker by hand with water and a sponge. A scrubbing sponge can be used if needed. Avoid bleach for burnt residues and never soak the lid or put it in the dishwasher, as this may damage the safety valve.
- 2** The pan is dishwasher safe. Place it upside down in the lower rack of the dishwasher. The steam basket can also be washed in the dishwasher. On the other hand, never wash the electric pressure cooker's lid in the dishwasher.
- 3** The gasket ensures a proper seal for your electric pressure cooker. A worn gasket can cause leaks and prevent pressure buildup, affecting performance. Check and replace it regularly—typically once a year or more often if needed—for optimal results.
- 4** Regularly check to make sure the valve is clean and the hole in the lid is not clogged.



Cooking times/durations with an EPC

Note: Cooking times/durations are approximate and serve as general guidelines. They may vary based on food size and type.

Vegetables	High Pressure Cooking (Minutes)
Apples, chunks (low pressure)	2 min
Artichokes, Whole	8 - 10 min
Asparagus, Whole	1 - 2 min
Beans	2 - 3 min
. Fresh green or wax	2 - 3 min
. Shelled Lima	
Beets	3 - 4 min
. 1/4" Slices	12 - 15 min
. Whole, peeled	
Broccoli, florets or spears	10 - 13 min
Brussel Sprouts	3 - 4 min
Cabbage, quartered	3 - 4 min
Carrots, 1/4" slices	1 - 2 min
Cauliflower	2 - 4 min
Corn on the cob	3 - 5 min
Eggplant, 1 1/4"	2 - 3 min
Peas, shelled	1 - 1 1/2 min
Potatoes	
. Pieces, slices	5 - 8 min
. Whole, small	5 - 8 min
. Whole, medium	10 - 12 min
Rice	
. Brown	15 - 20 min
. White	5 - 7 min

Spinach, fresh	2 - 3 min
Squash	
. Fall, 1" chunks	4 - 6 min
. Summer, sliced	1 - 2 min

Meat and Poultry	High Pressure Cooking (Minutes)
Beef, Pork, Lamb (1 - 2" cubes)	15 - 20 min
Beef/Veal	
. Roast, brisket	50 - 60 min
. Shank 1 1/2" thick	25 - 35 min
Meatballs, browned	8 - 10 min
Lamb, boneless roast	45 - 55 min
Pork	
. Loin roast	40 - 50 min
. Smoked butt	20 - 25 min
. Ham shank	30 - 40 min
Chicken	
. Boneless breast	8 - 10 min
. Boneless thigh	8 - 10 min
. Pieces	10 - 12 min
. Whole	15 - 20 min
Turkey breast, whole	30 - 40 min
Fish	
Steaks, fillets	
. 3/4"	4 min
. 1"	5 min
. 1 1/4"	6 min
. 1 1/2"	7 min



Common Food Recipes in Uganda

CHAMPIONING CLEAN COOKING IN UGANDA

MEAT STEW



RECIPE:

Ingredients:

- 1 kg meat/beef
- 1 big onion
- 2 cloves garlic
- 2 teaspoon cooking oil
- 1l stock (or 2 stock cubes / 1 teaspoon Royco and 1l water) Bunch coat-meal/coriander
- 1 green pepper
- 1 carrot (small)
- 1 teaspoon salt

Procedure:

STEP 1- Boil the meat

- Tenderize and cut meat into bitesize pieces.
- Place the meat in the EPC pot, cover and set to pressure cook for 30 minutes.
- Depressurise the EPC by opening the steam valve.

STEP 2- Fry the sauce

- Add oil and fry the boiled meat until its brown using the sautee setting.
- Chop the remaining ingredients and add into the pot and continue frying until it gives off a good flavour.

STEP 3- Simmer all together

- Add the royco and simmer the mixture.
- Pour in the water bring it to a boil.

BEAN STEW



RECIPE:

Ingredients:

- 1kg dry beans soaked overnight
- 2 onions
- 6 tomatoes
- 4 cloves garlic
- 1 green pepper
- 1 bunch coat meal/coriander
- 2 cubes Royco
- Paprika – 1/4tsp
- Salt – 1tsp
- Curry powder (“Tropical Heat”) – 1tsp
- Curry powder (“Simba mbili”) – 1tsp
- Cooking oil - 1 tbsp
- Water - 4 cups

Procedure:

STEP 1 - Boil the beans

- Pour the beans into the EPC pot and add/cups of water. Cover the EPC, set pressure valve in place and set the cooking time to 45 minutes.
- Release the pressure and uncover the EPC.
- Empty the beans and rinse the pot in preparation for frying.

STEP 2 - Fry the sauce

- Prepare ingredients for the gravy
- Peel & chop tomatoes, onions, garlic & peppers.
 - Chop coat meal/coriander into small pieces
- Pour the cooking oil into the pot & set the EPC to sautee mode.
- After the oil heats up, pour in the onions & fry until they start to brown.
- Add the spices & other ingredients then mix to make gravy.
- Mix Royco with/cups of water & pour into the pot with the cooked beans.
- Mix everything together & leave to simmer for 10 minutes.



MATOOKE



RECIPE:

Ingredients:

- Matooke (banana plantain); 1.5 Kg (14 fingers)
- Banana leaves (for wrapping) Water for steaming (approx 2 cups)

Procedure:

STEP 1 - Prepare the matooke

- Pour approx 1 cup water in the pan, making sure it doesn't come above the bottom of the steaming rack).
- Peel the matooke
- Wash the matooke after peeling Wash the banana leaves
- Wrap the matooke in banana leaves

STEP 2 - Steam

- Place the steamer stand in the EPC and pour water.
- Place the wrapped matooke in the EPC, cover the EPC and set timer to pressure cook for 30 minutes
- After the 30 minutes, release the pressure and uncover.

STEP 2 - Mash & steam again

- Remove the matooke and press / mash After pressing, add a little water (approx 1 cup again) into the EPC pot/pan.
- Steam for 10 minutes with the lid closed Serve and enjoy your meal

iv. POSHO



RECIPE:

Ingredients:

- 5 cups of water
- 3 cups of maize meal

Procedure:

STEP 1 - Preheat the water

- Add 3-4 cups of water in the EPC and bring to a boil
 - TIP: if you want to multitask, close the valve and set the timer to at least 2 minutes - when the timer goes off, open the steam valve and release the pressure.

STEP 2 - Make a paste and pressure cook

- Make a paste of 2 cups of maize meal with 1 cup of water and add the paste to the boiling water in the EPC.
- Stir continuously and then close the lid and set the EPC to cook for 5 minutes at pressure.
- Open the steam valve to depressurise.

STEP 2 - Simmer

- Take off the lid and put the EPC on sautee mode so that it keeps heating.
- Add more maize meal slowly and stir vigorously until thick enough.
- Cover and simmer for around 10 minutes and then stir again.
- Power off the EPC and serve.

V. SUKUMA WIKI



RECIPE:

Ingredients:

- 1 bunch kale or collard greens
- 2 tomatoes
- 2 small onions
- Spices (1/2 tsp cayenne pepper, 1 tbsp bouillon, 1/2 tsp black pepper)
- 2 tbsp oil (to fry)

Procedure:

STEP 1 - Wash and cut

- Wash and cut the vegetables and pour some hot water on it to make it soft.

STEP 2 - Fry

- Set the EPC on the preset sautee function and add cooking oil in the pot.
- When its heated, add the tomatoes, onions, spices and some salt. Fry whilst stirring for a few minutes to make gravy.
- Add the chopped greens and stir for about 7-10 minutes.

OUTREACHES



OUTREACHES

