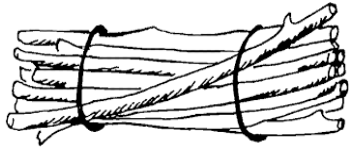


Benefits of haybox cooking



Less firewood

\$ £ Rs

Less money

Food cannot burn

Food stays hot for 3+ hours



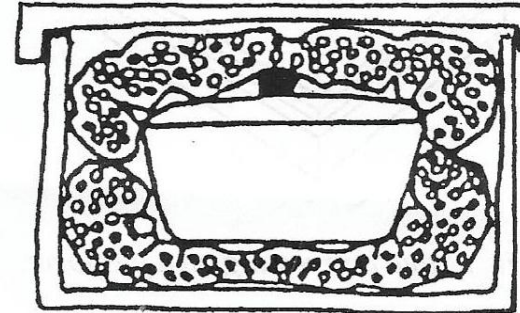
Less harmful smoke

CO₂

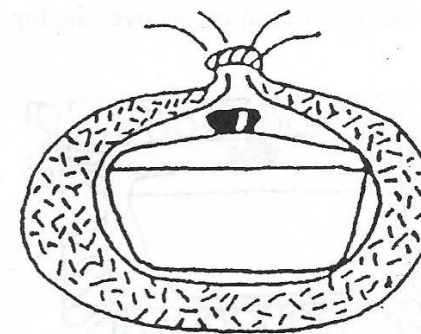
Less CO₂ emissions

What is a haybox?

It is an insulated container used to cook food



Box with lid
and cushions
round the pot

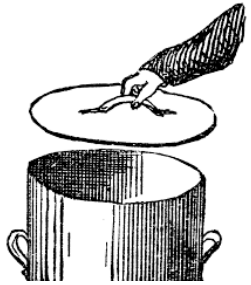


Double bag
lined with
insulation

Insulation

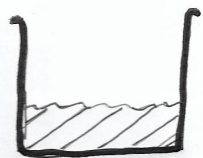
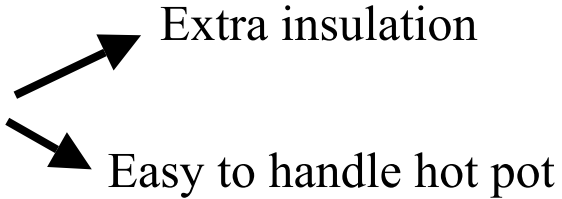
Hay, wood shavings, newspaper, cotton - 4 inches
Cork, cardboard, polystyrene - 2 inches

Tips for haybox cooking

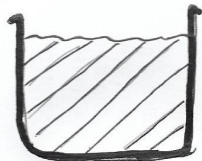


Use pot with lid

Wrap pot with towel



Pot should be nearly full



Do not open pot until needed

Cooking rice, dhal, potatoes

Normal

Add water



Bring to boil



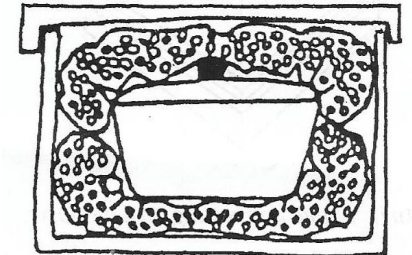
Simmer for 30 minutes

Haybox

Add water



Bring to boil with lid on



Put in haybox for 60 minutes

Stays hot for 3+ hours

No burning