

Making your own

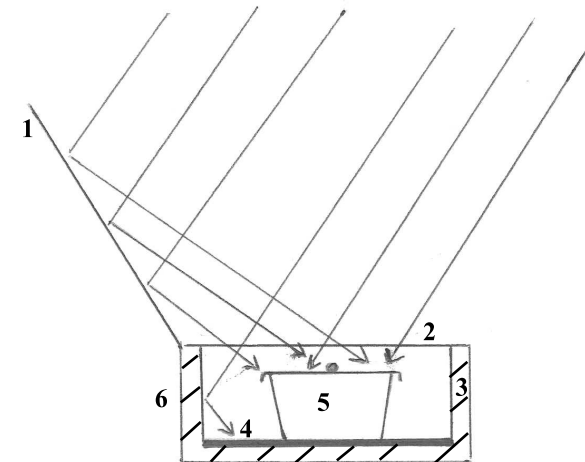
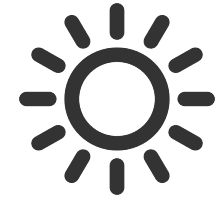
Solar Box Cookers can be made locally using easily available materials.
Wood, glass, cardboard, aluminium foil, metal, and black paint.

1. The reflective lid is a metal sheet and is the same size as the box opening. It is hinged so that it can be adjusted to reflect extra energy from the sun into the box.
2. The glass cover allows radiated energy from the sun into the box. Energy reflected from any surfaces is trapped inside the box (greenhouse effect)
3. For insulation, one can use cardboard from packaging which is freely available. The side facing the inside of the box should be lined with (kitchen) aluminium foil
4. The base of the cooker should have a black painted metal plate.
Black objects convert the sun's energy into heat.
(shiny objects reflect it back) The metal sheet will retain the heat when the cooker is opened.
5. The cooking pot should be black (and not shiny)
6. The body of the cooker is made of wood

Solar Cookers reduce the use of fossil fuel, and carbon emissions.
For full instructions for making your own solar cooker please contact the organisation below

Solar Box Cooker

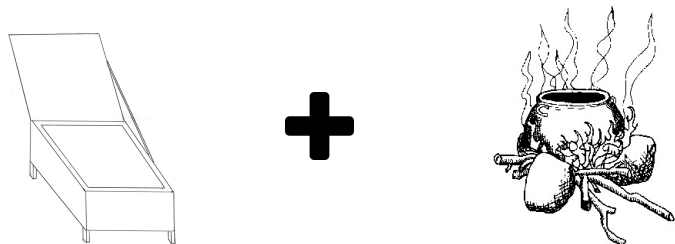
Uses the energy from the sun to cook food



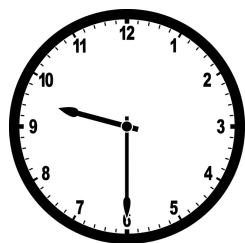
- 1 Reflective Lid
- 2 Glass cover
- 3 Insulation
- 4 Black absorbent plate
- 5 Black cooking pot
- 6 Wooden Box

Tips for Solar Cooking

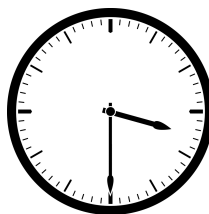
Use your solar cooker as well as your normal cooking method



Use a black pot with lid



Best time to cook
9.30 AM to 3.30 PM



Speed up cooking by:

Using less water than normal cooking

Cook eggs and potatoes without water

Cutting food into small pieces

Soaking dhal overnight

Easy to cook foods (1 to 2 hours)

White rice, eggs, fish, chicken
and above-ground vegetables

These foods take longer (2 to 3 hours)

Dhal, brown rice and root vegetables



On rainy or cloudy days use
your normal cooking method



If you cook rice every day then use the Solar
Box cooker as a rice cooker.

Warning

The inside of the Solar Box Cooker
can get very hot! Please use a cloth
when handling the pot.

