



Delicious Solar Meal

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GREENPEACE



**Box
Cooker**

1

**Tire
Cooker**

2

Cookit

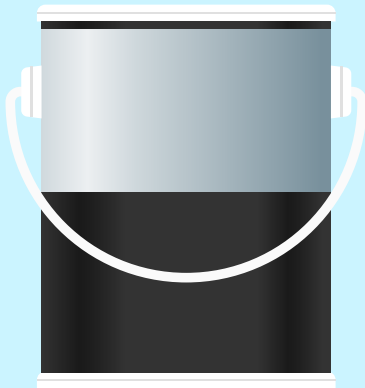
3

Box Cooker

Items needed



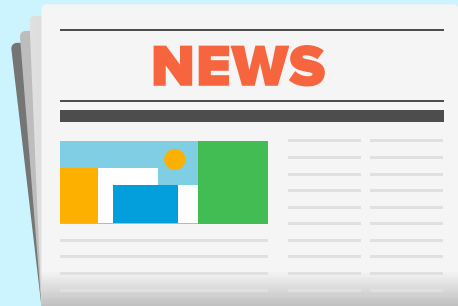
2 cardboard boxes 1 big
+ 1 smaller



Black paint



Glass sheet



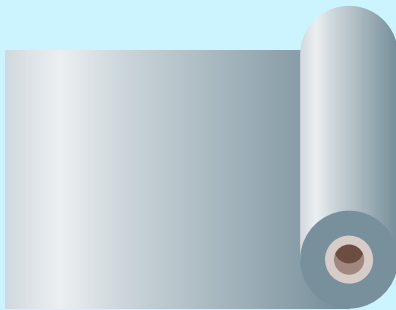
Discarded newspaper



Black Pot



Glue



Aluminium foil

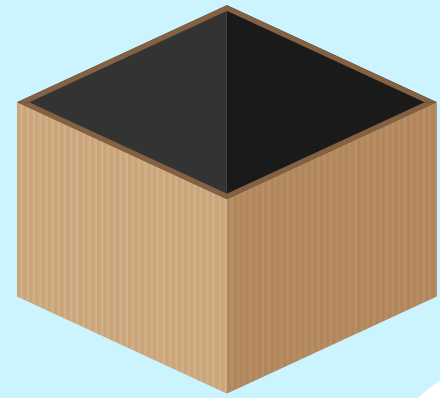


Paint brush

Steps

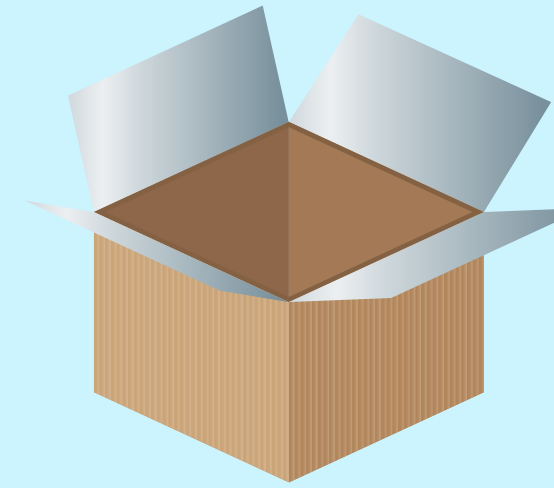
1

Paint the inside of the inner box in black



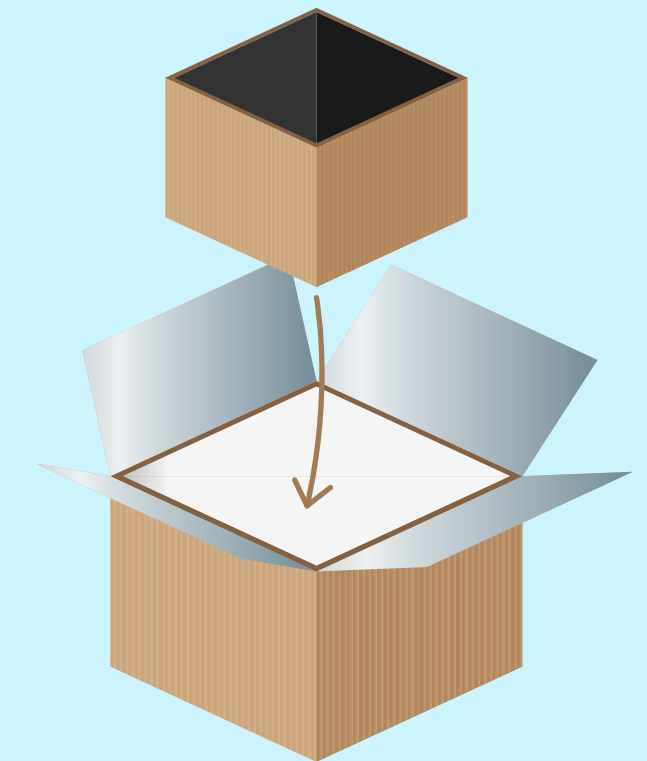
2

Cover the external edges of the outer box with aluminium foil



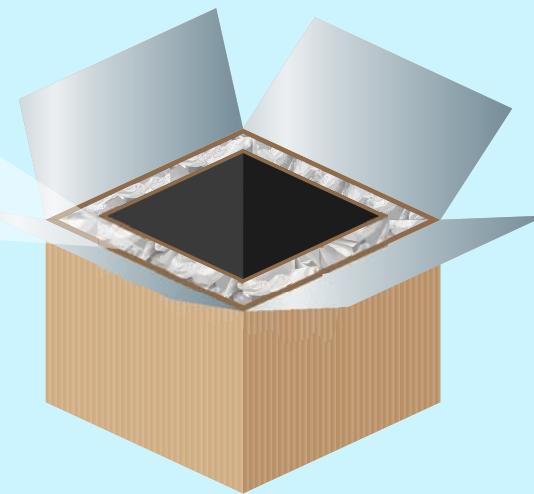
3

Place the inner box in the bigger one



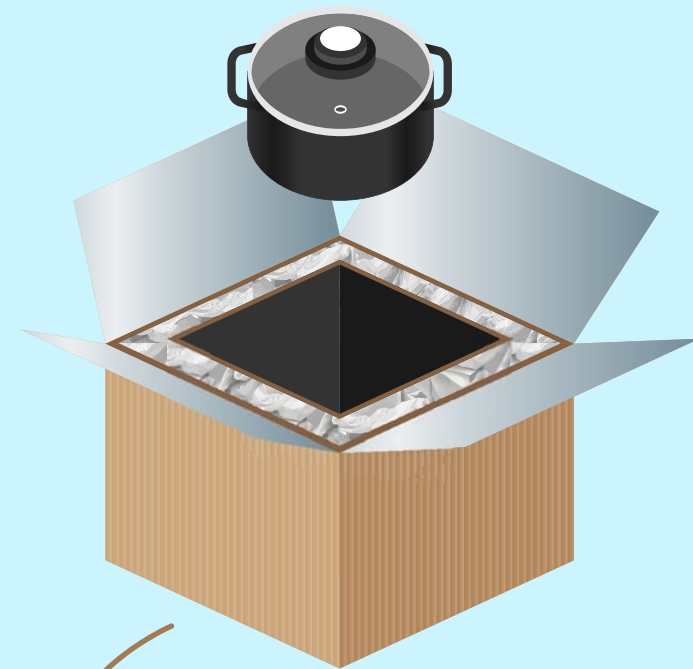
4

Fill the gap between the 2 boxes with discarded newspaper



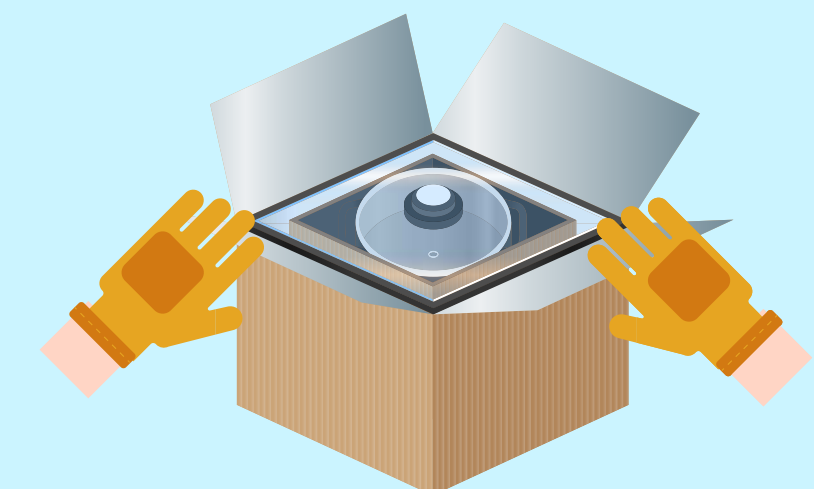
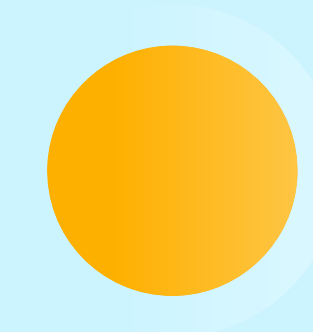
5

Put the black pot inside of the smaller box. And cover the inner box with a piece of glass sheet.

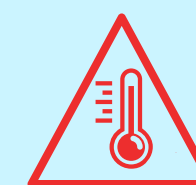


6

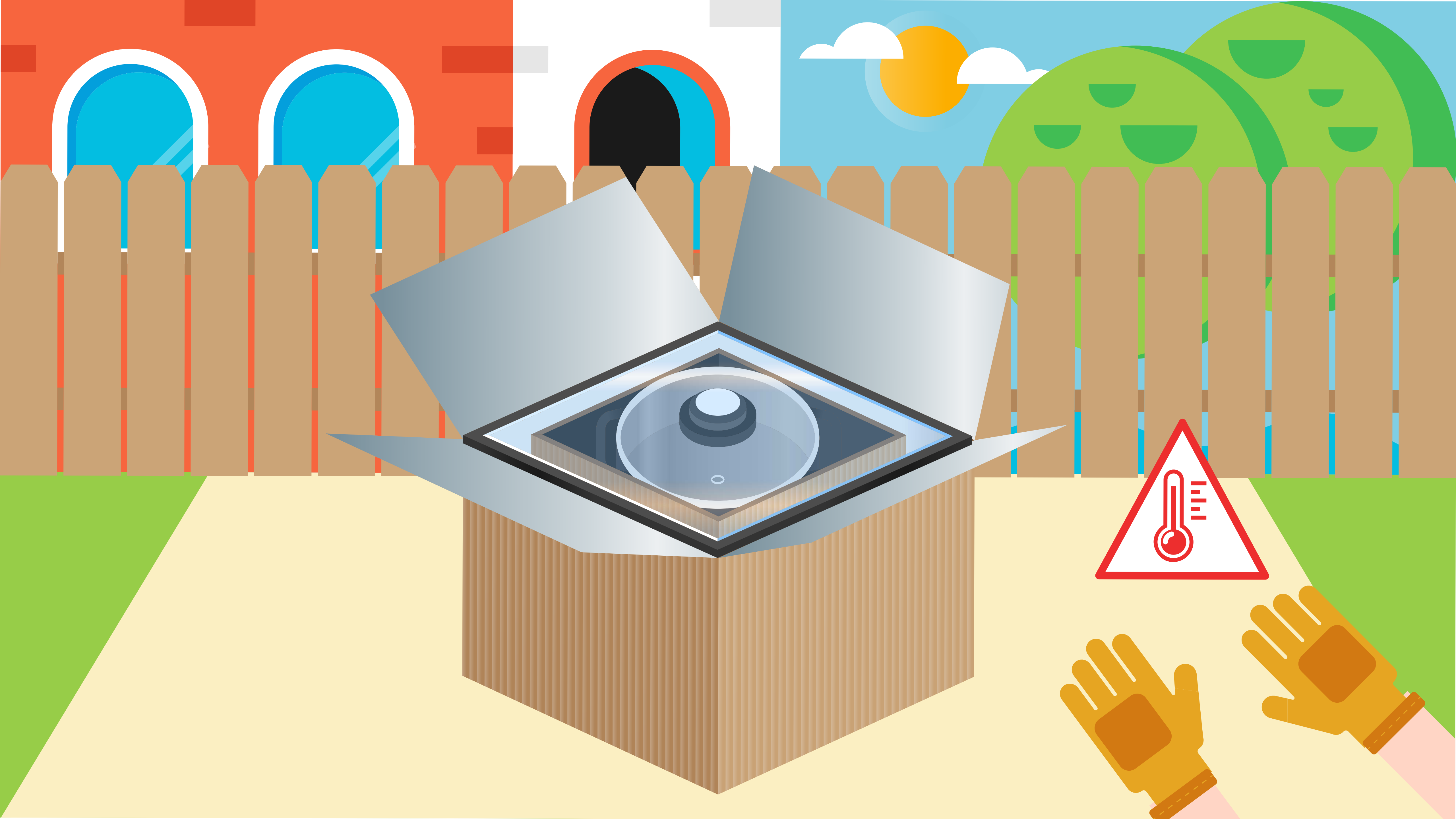
The cooker is now ready. Place it under the sunlight and wait a few hours to get your food cooked.



Once done, make sure you wear heat insulating mittens before taking the pot out.

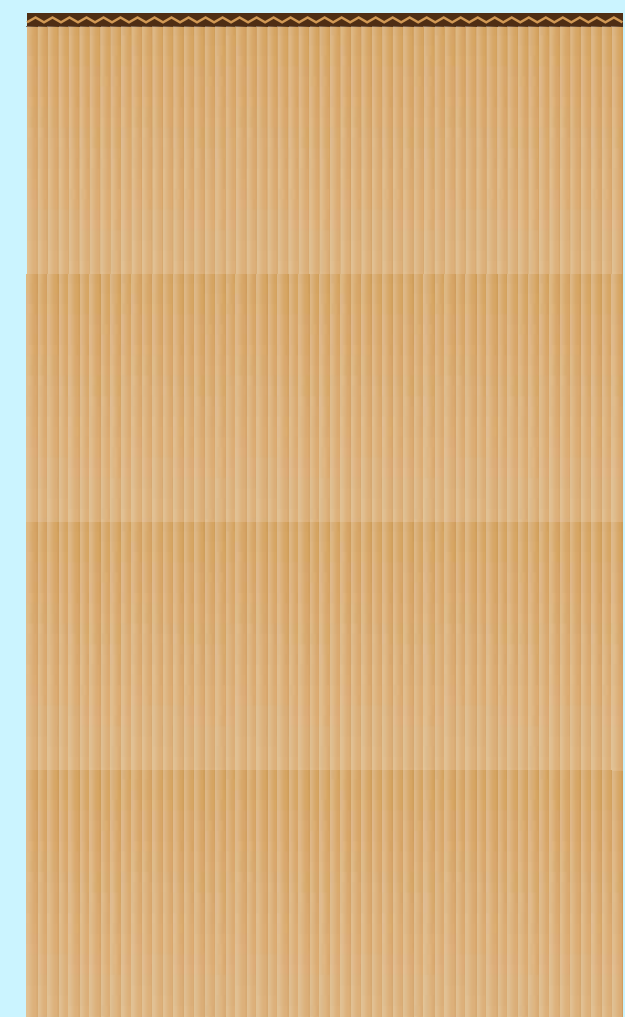


Make sure the flaps of the large box are angled to reflect the sun.

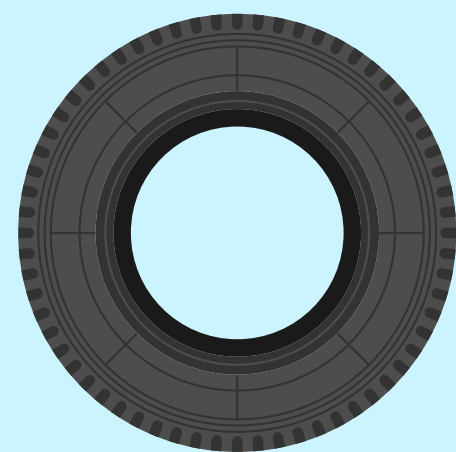


Tire Cooker

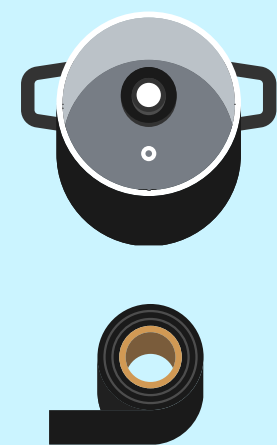
Items needed



Cardboard or Wood board



Tire



Black Pot & Tape



Glass sheet

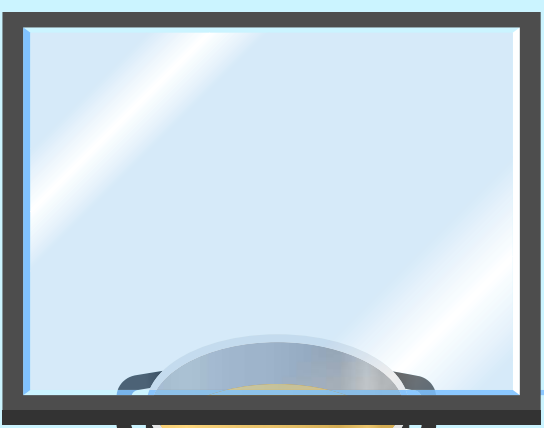


Aluminium foil & Discarded newspaper

Steps

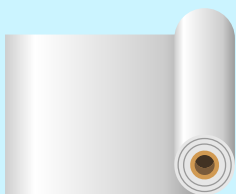
3

Place the black pot at the centre of the tire. Cover the whole thing by putting the sheet of glass on top of the tire.



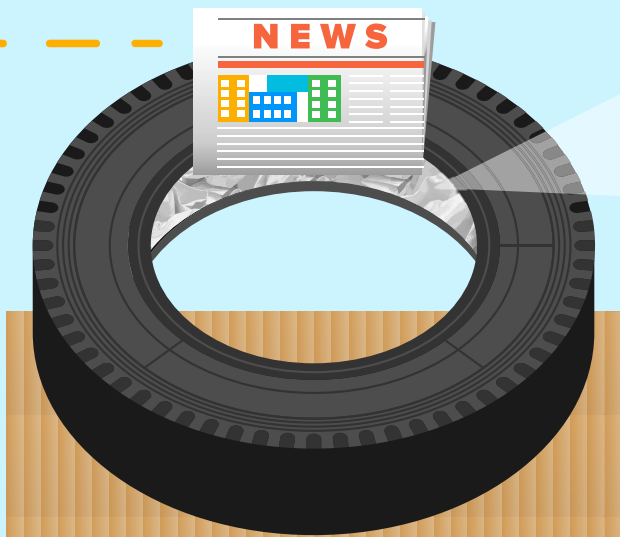
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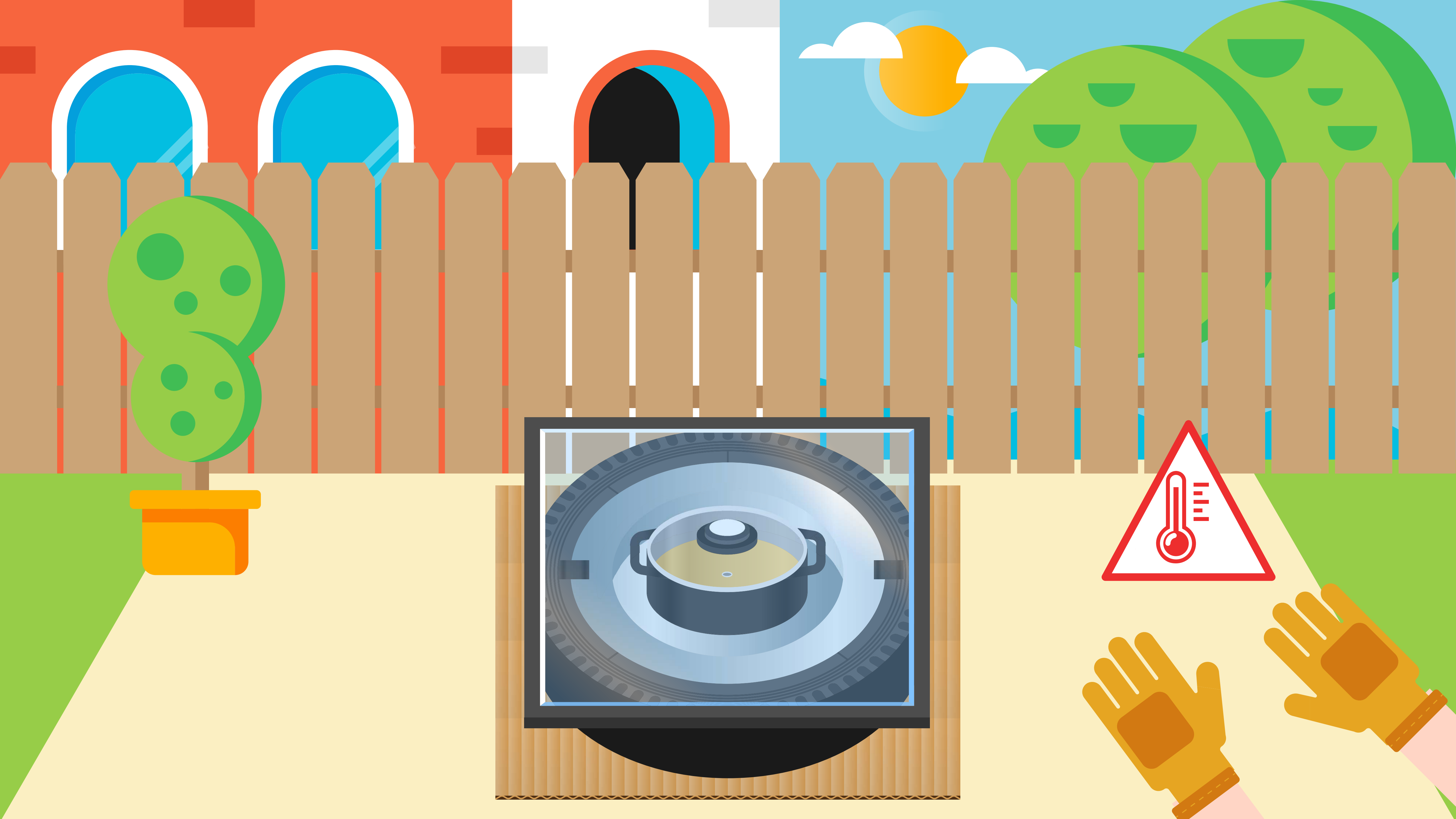
Place a bit of aluminium foil at the base of tire (shiny side up) to reflect the sun. Put some aluminium foil all round the tire to stop the heat from escaping. Use some tape to keep the aluminium on the tire.



1

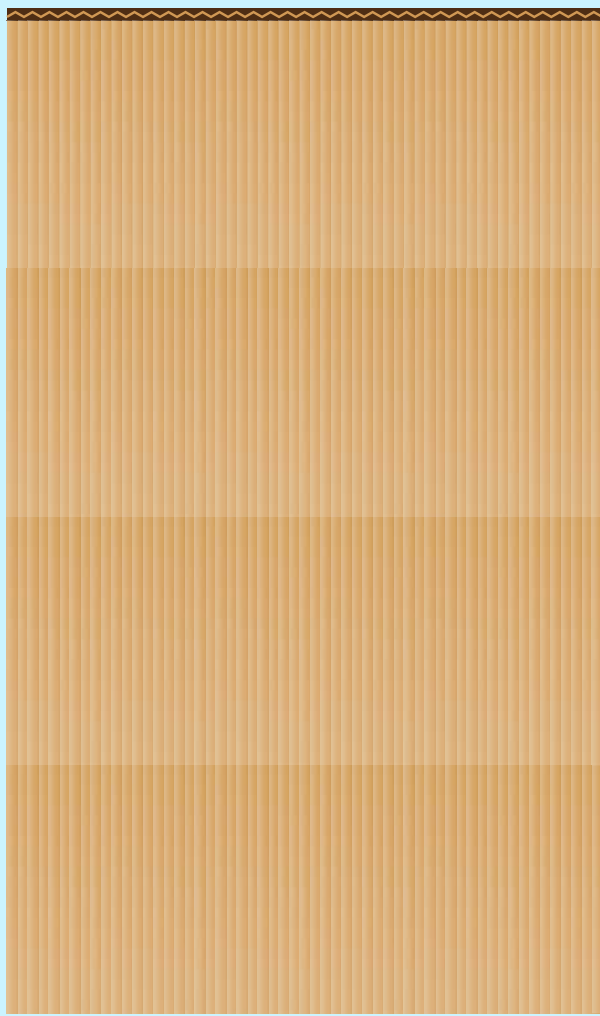
Put the cardboard or wood board down on a flat piece of surface. Place the tire on top of the cardboard/wood board. Fill the edges and the base of the tire with discarded newspaper to provide insulation.





Cookit

Items needed



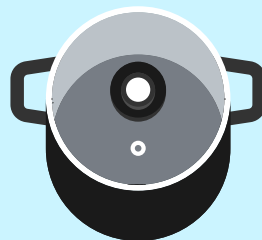
Cardboard



Pen



Scissors



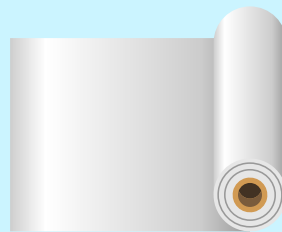
Black Pot



Plastic cooking bag



Glue

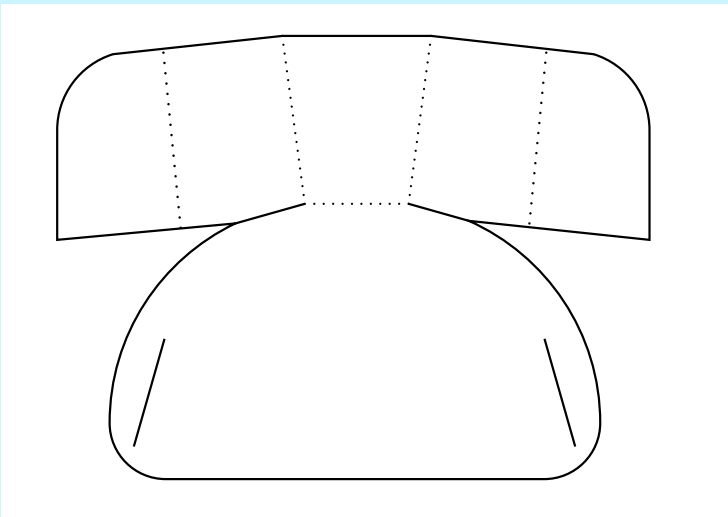


Aluminium foil

Steps

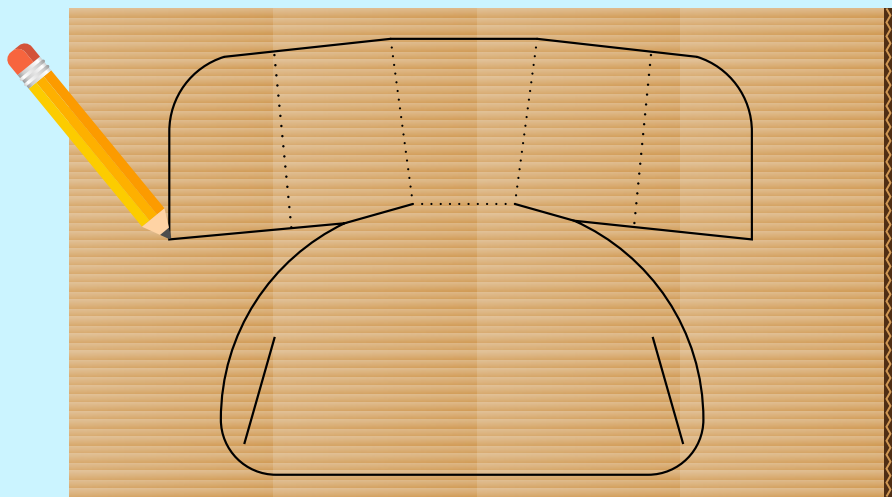
1

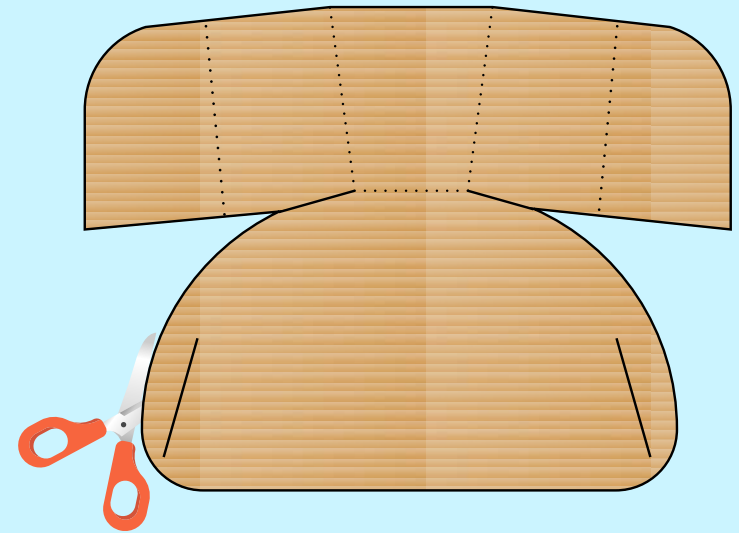
Print the [Template](#) on a A0 format



2

Copy the template on a large piece of cardboard



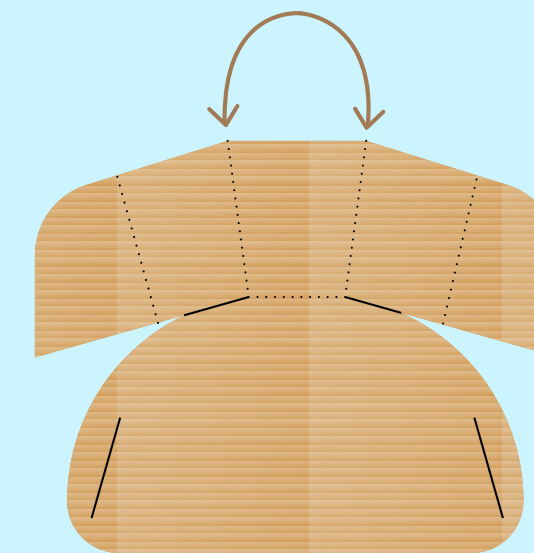


3

Use the scissor to cut the borders

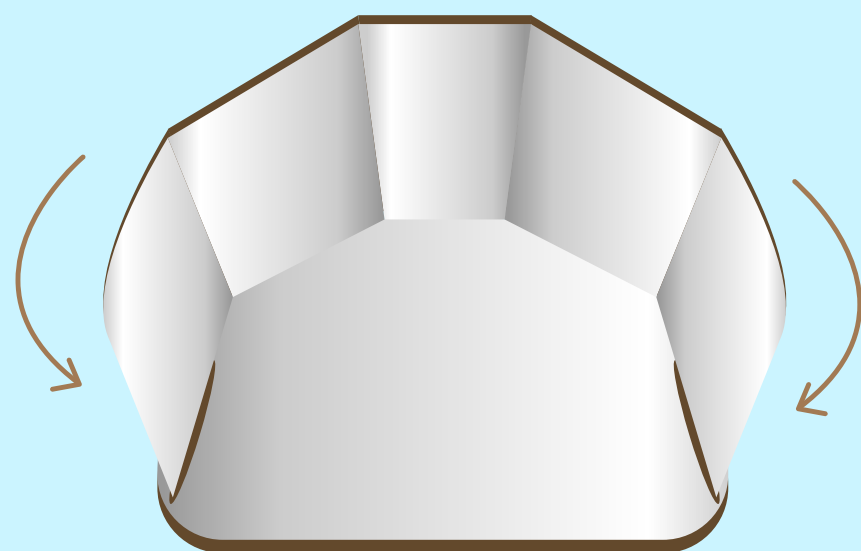
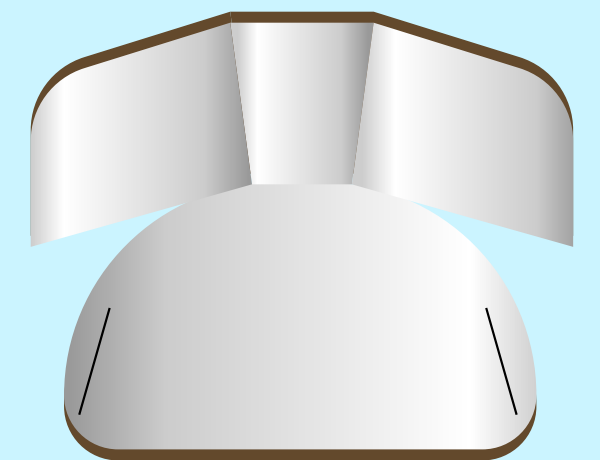
Fold on the indicated lines

4



5

Use the glue to fix pieces of aluminium foil on the cardboard



6

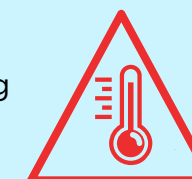
Open the holes on both sides of the cardboard and fold the whole body and put the edges in the holes.

7

Put the pot in a clear, heat resistant plastic bag. Place the pot on the basis of the cookit.

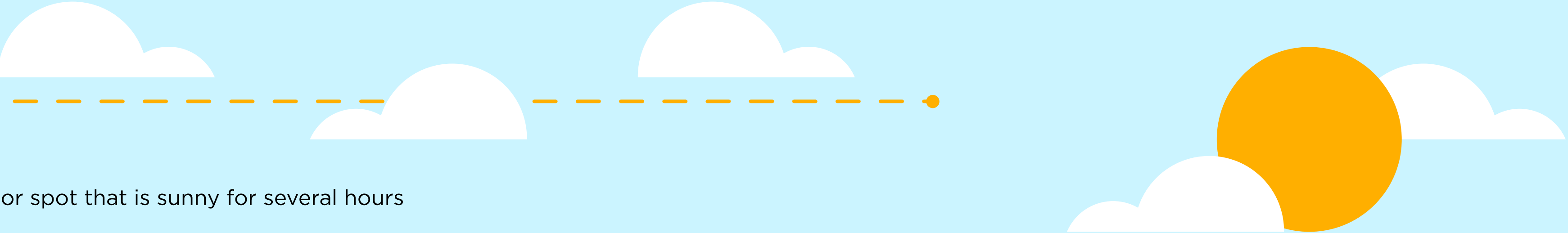


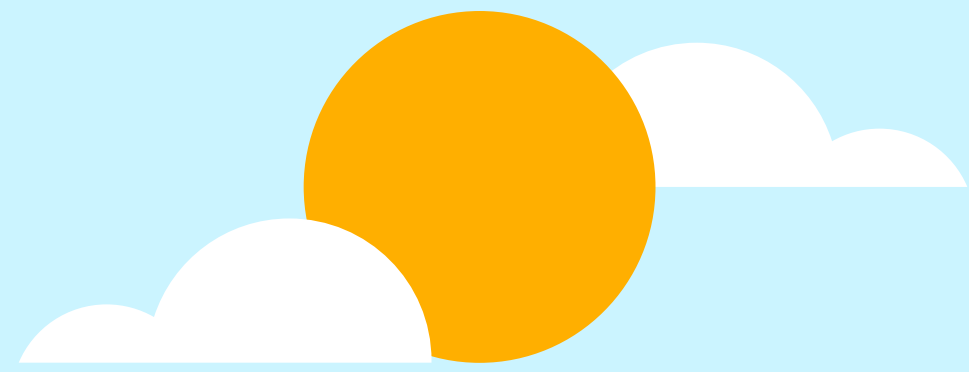
Once done, make sure you wear heat insulating mittens before taking the pot out.





Tips

- 
- 1 A solar cooker needs an outdoor spot that is sunny for several hours
 - 2 Solar cookers don't work at night, and partially work on cloudy days
 - 3 The sun is most intense between 10:00 a.m. and 2:00 p.m. which is the best time to cook
 - 4 Dark surfaces get very hot in sunlight. Food cooks best in thin black pots with tight lids to capture the heat
 - 5 Vegetables, fruits and grains cook great with a small amount of water, which tends to slow the cooking process
 - 6 Meats do not require any water, and will cook best in small amounts
 - 7 A DIY solar cooker, under normal conditions, will cook at temperatures from 80C to 120C or more
 - 8 Leave food to cook for several hours or until done. There is no need to stir food while it is cooking
 - 9 Remove the pot with pot holders as pots get VERY hot
 - 10 Enjoy a delicious solar meal!



About solar cooking

Solar cookers use the simple principles of reflection, concentration, absorption, insulation and the greenhouse effect to produce heat

Solar cooking is the perfect way to cook outdoors, whether you are camping or during a power outage, or just in your own backyard having fun

Benefits of solar cooking

Economic : The energy that comes from the sun is free and unlimited. No need to buy electricity, gas, fuel or even worse : wood and charcoal

Environmental: Using the energy of the sun to cook reduces the need to use our planet's limited resources and doesn't increase global air pollution


Health: Solar cooking doesn't produce fire, flames or smoke that can irritate lungs and eyes

Cooking: Solar cooking means slow cooking. Food cooked longer tends to become more tender and flavorful

Time: While using a solar cooker, food does not need to be constantly monitored. Therefore time is freed up to enjoy other activities

Practical: Solar cookers are portable units that can be taken almost anywhere, from your backyard, to the beach and the top of a mountain

Fun: Building a DIY solar cooker is a fun activity to do with friends and family

The background is a solid light blue color. There are several white, stylized cloud shapes. In the top left, a small cloud. In the top right, a medium-sized cloud. In the middle left, a large cloud containing the text. In the middle right, a large cloud. In the bottom left, a large cloud. In the bottom right, a medium-sized cloud.

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