

Solar Oven Instructions

Solar cookers are great for sunny areas since they are easy to build and use materials that are readily available in any area. Keep in mind that cooking in a solar cooker is different than traditional cooking methods. Things often cook more like they would in a slow cooker.

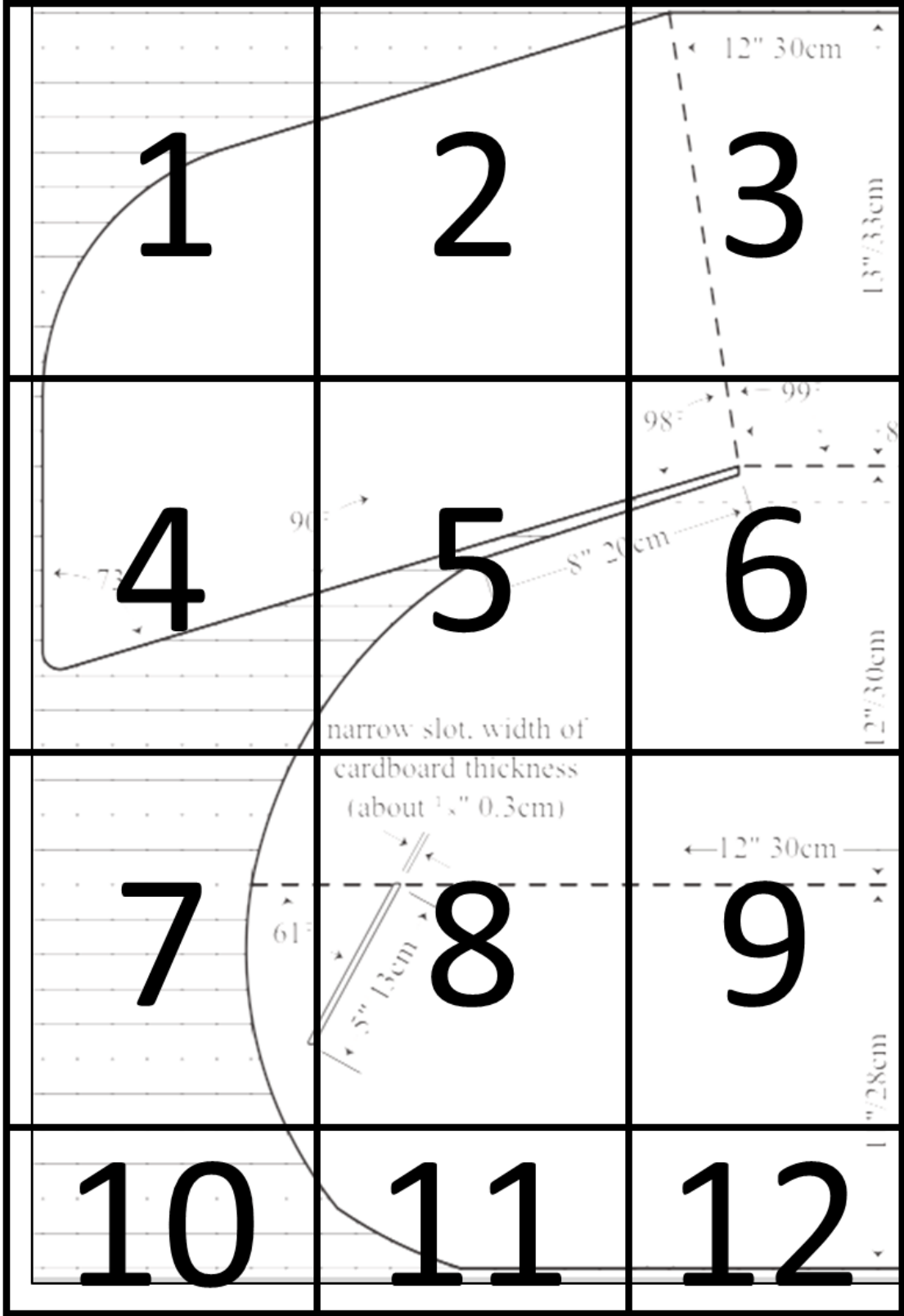
Materials needed:

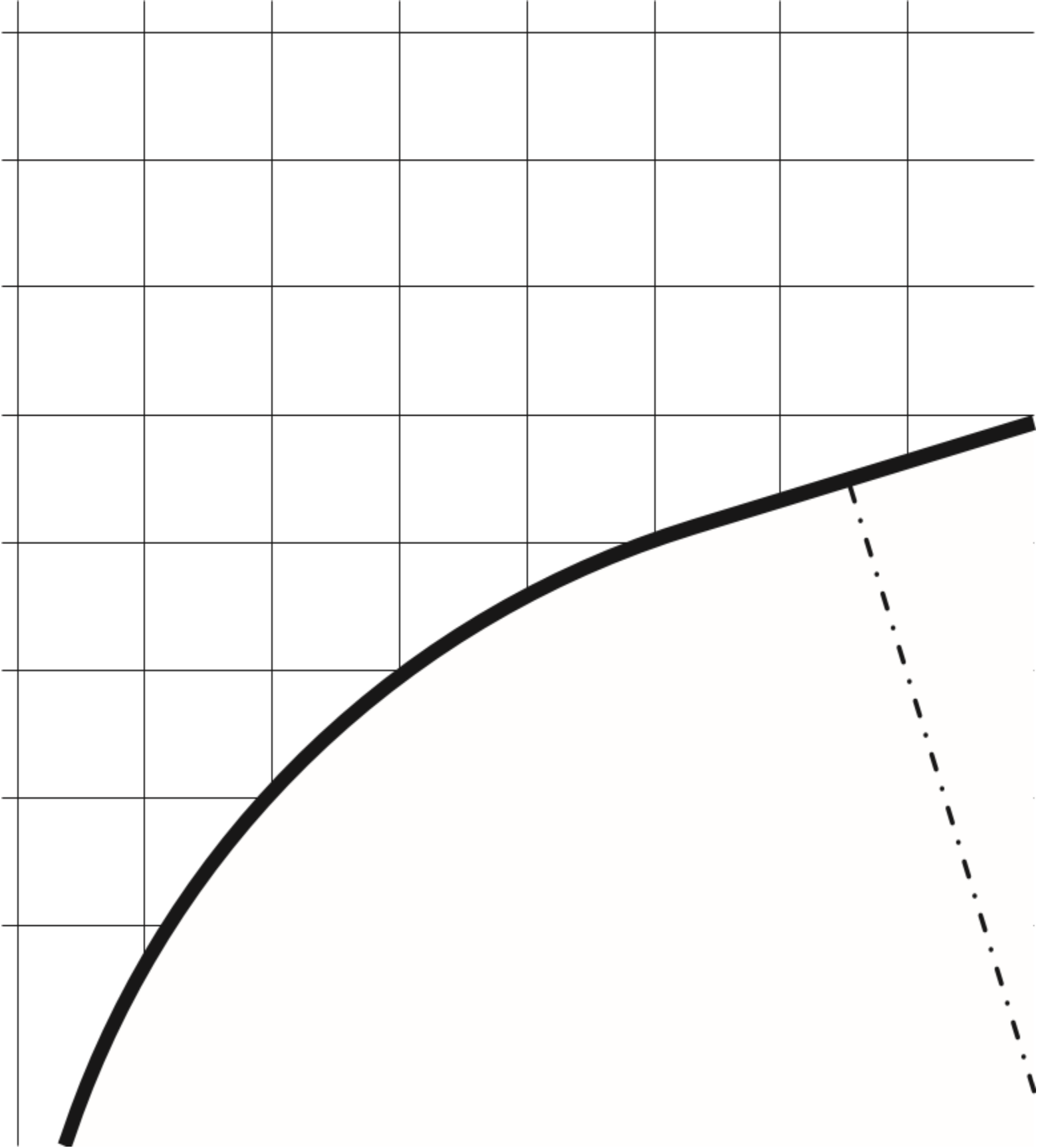
- Something to write with (pen/pencil)
- Approx. 4x4 ft sheet of cardboard
- Scissors or knife
- Glue
- Aluminum foil
- 3 1-inch rocks
- Pot to cook in (preferably thin and dark-colored)
- Plastic bag (should fit a pot with some room to spare)

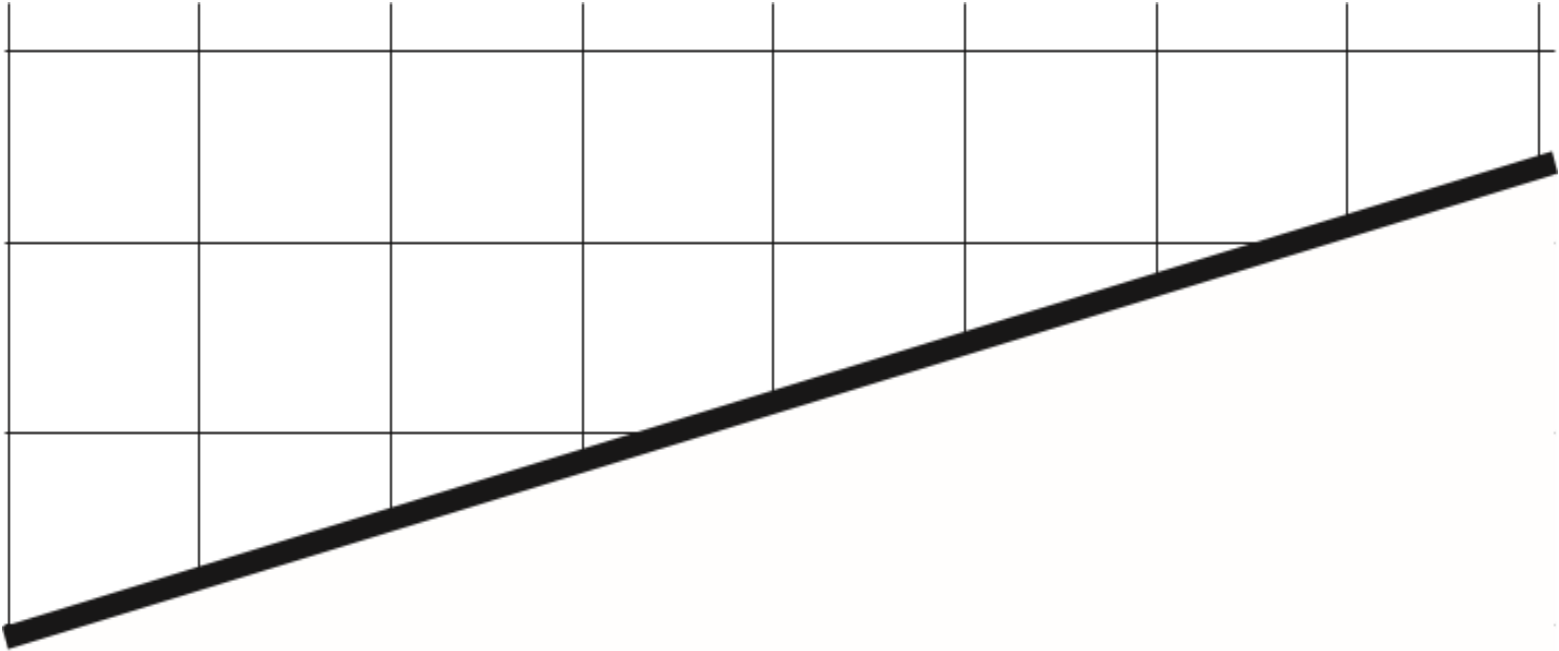
Instructions

1. First, use your pencil or pen to trace the shape of the template below onto the cardboard. The proper measurements are listed on the template in both inches and centimeters.
2. Next, use scissors or a knife to cut the outline of where you traced. Only cut the solid lines on the template, and be sure to cut out the two thin slots on either side.
3. Fold the cardboard along the dotted lines on the template, then lay it out flat again. This simply ensures that it will fold in the right places later.
4. Next we must glue the aluminum foil across the cardboard so that it will reflect heat and sunlight. Be sure to spread the glue evenly; it may help to thin the glue with water so it spreads more easily.
5. Before the glue dries, lay long sheets of aluminum foil across the cardboard and smooth it out. The less wrinkles there are, the better it will reflect sunlight.
6. Fold along the dotted lines that you folded previously, and place the two pointed corners into the thin cut-out slots on either side. The cardboard should hold itself up (refer to the picture below).
7. Place the three rocks onto the center of the oven and, with your meal inside, place your cooking pot onto the rocks. This keeps the pot raised, which increases the flow of heat around it. If you have an oven bag available, place the pot inside to help insulate it.
8. Place your oven outside facing the sun and adjust it as the sun moves throughout the day. Depending on temperature, sun exposure, and the contents of the pot, in 1-8 hours you'll have a hot meal!

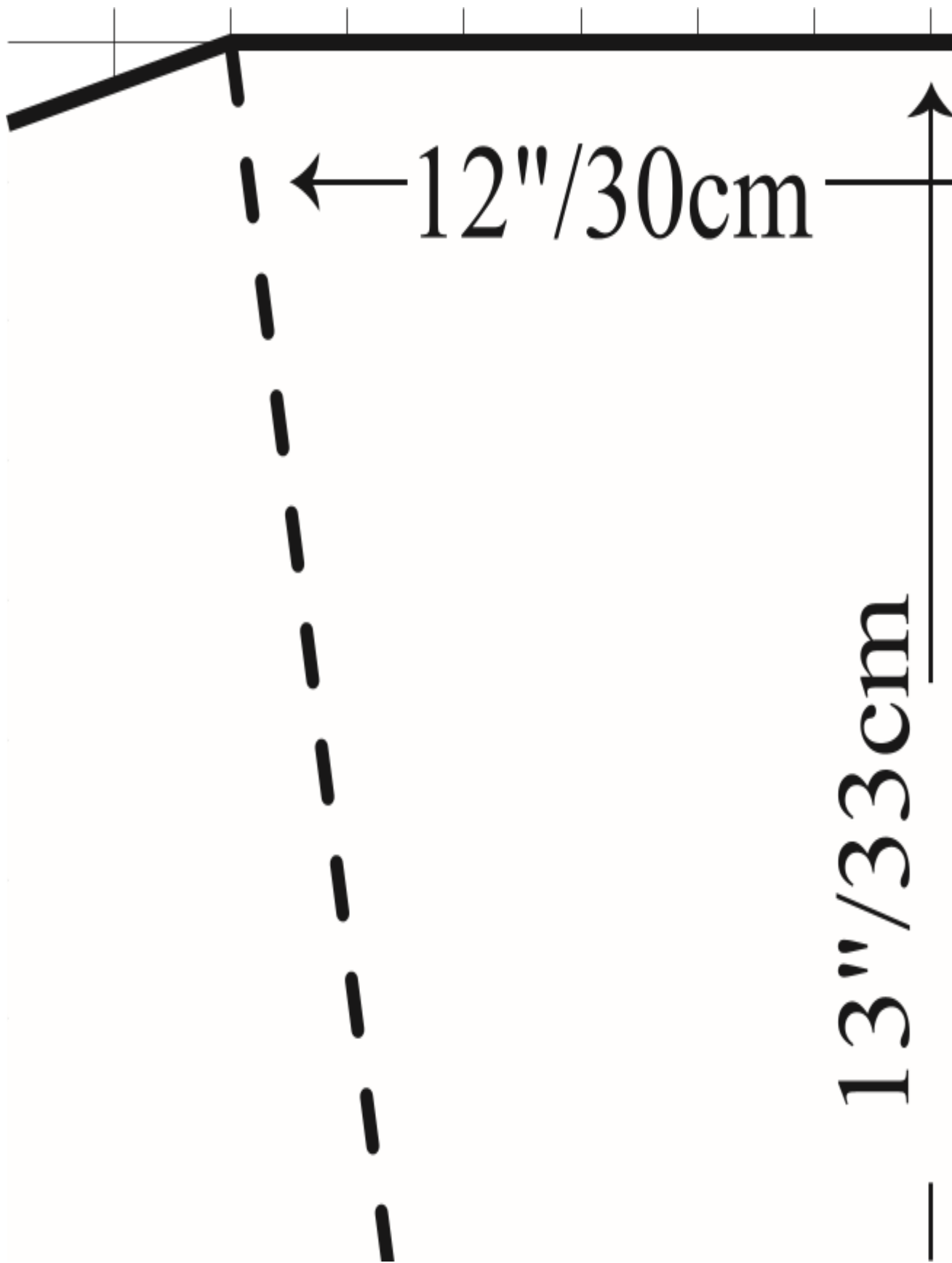


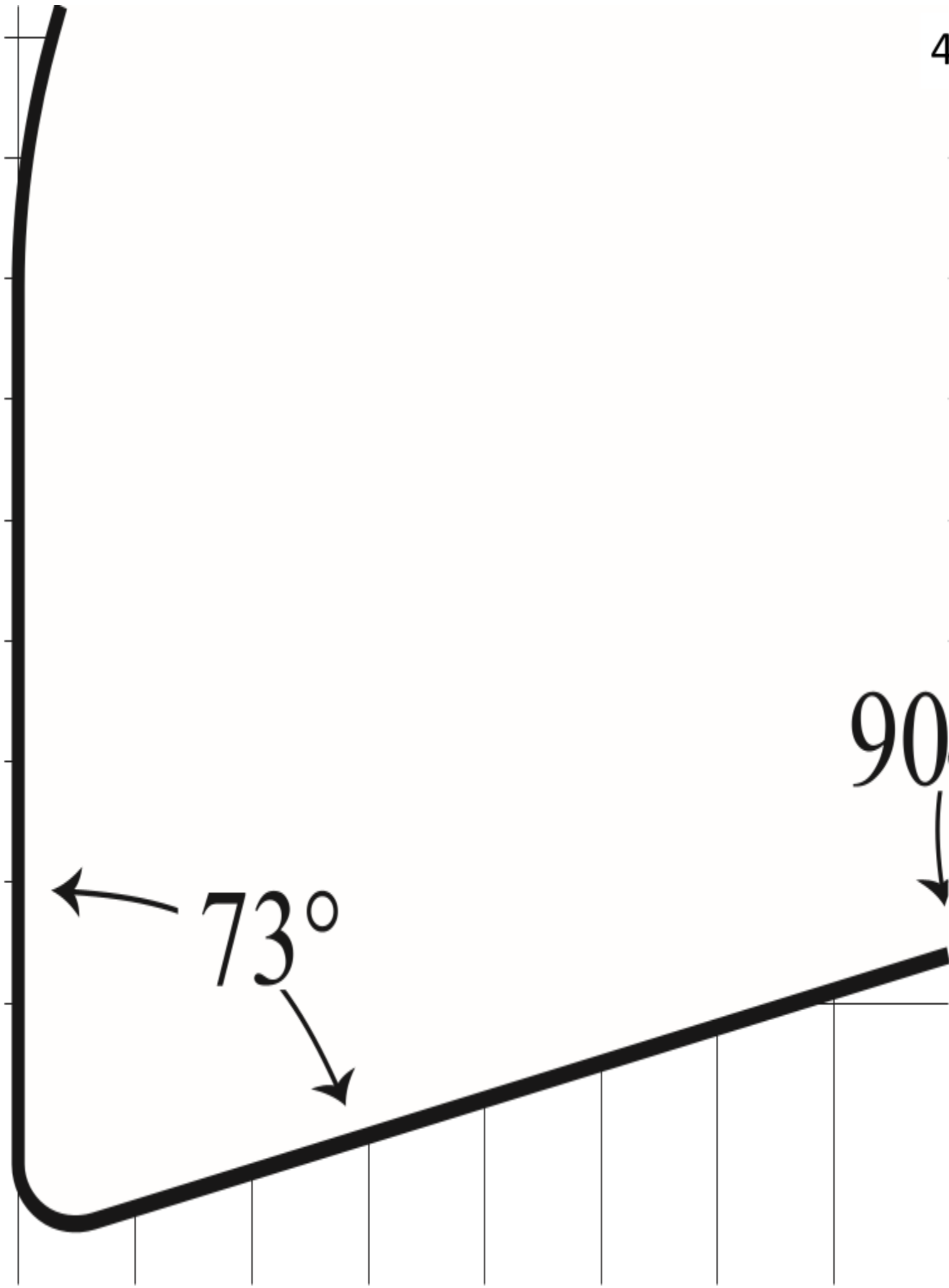


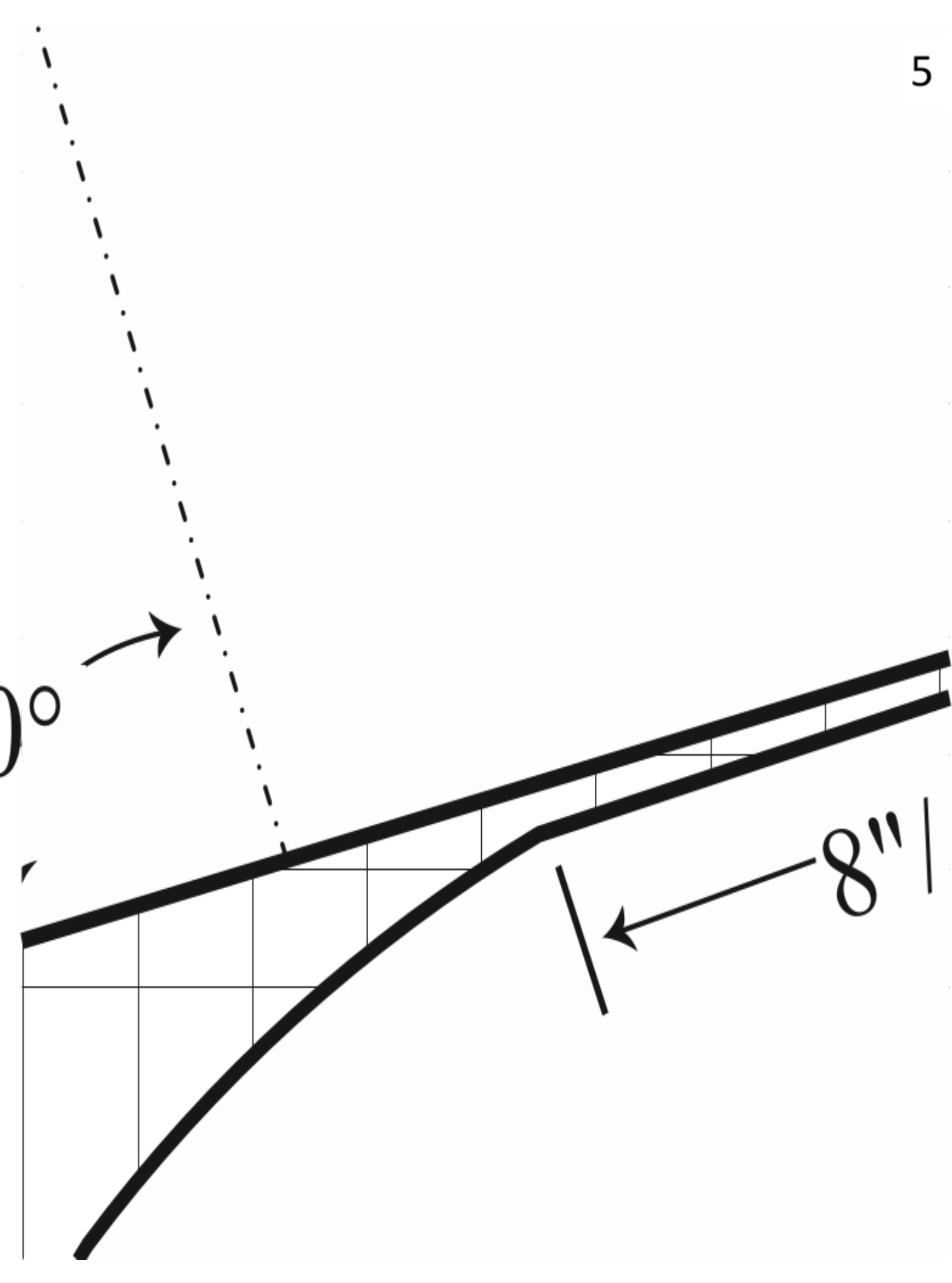




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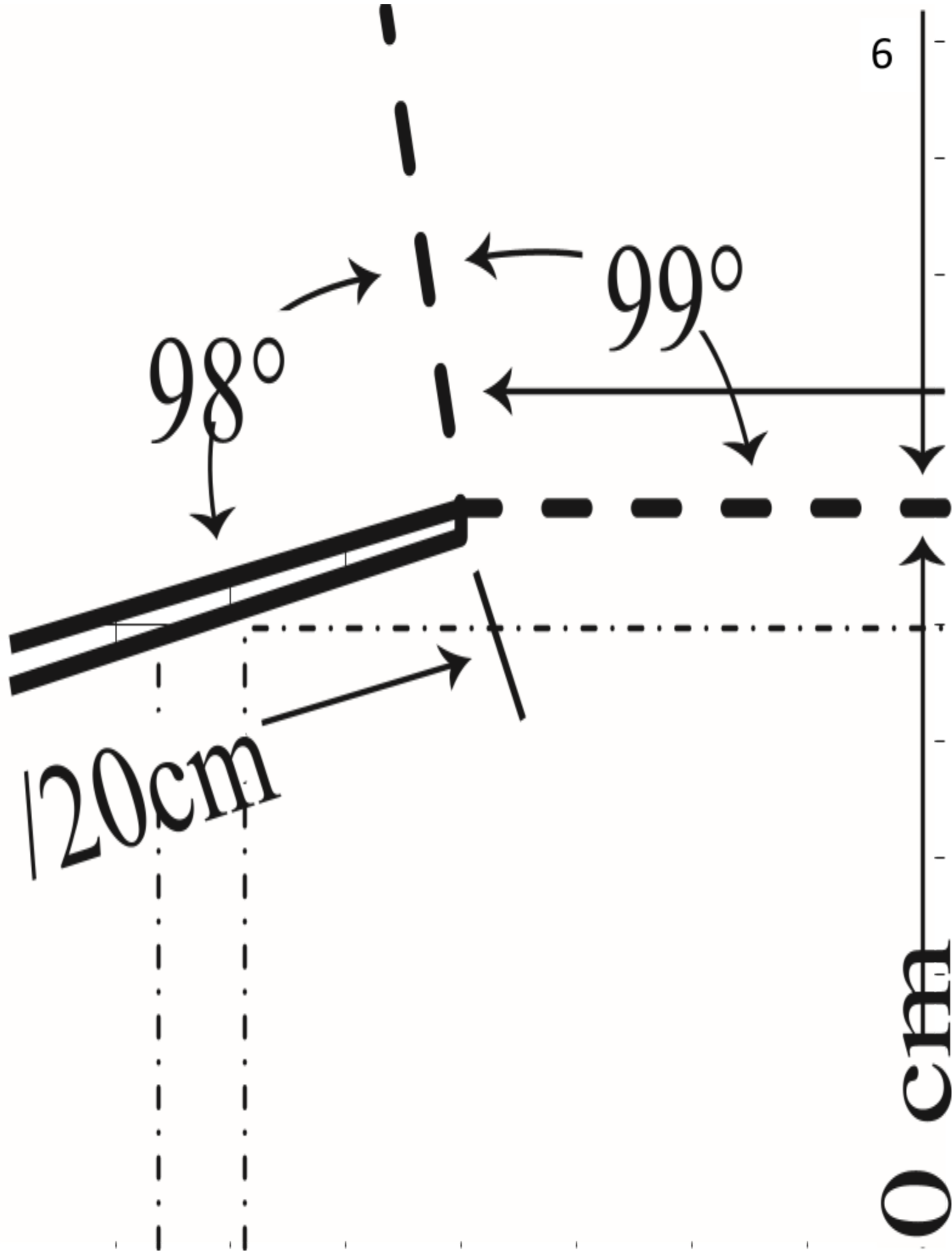






0°

8" |



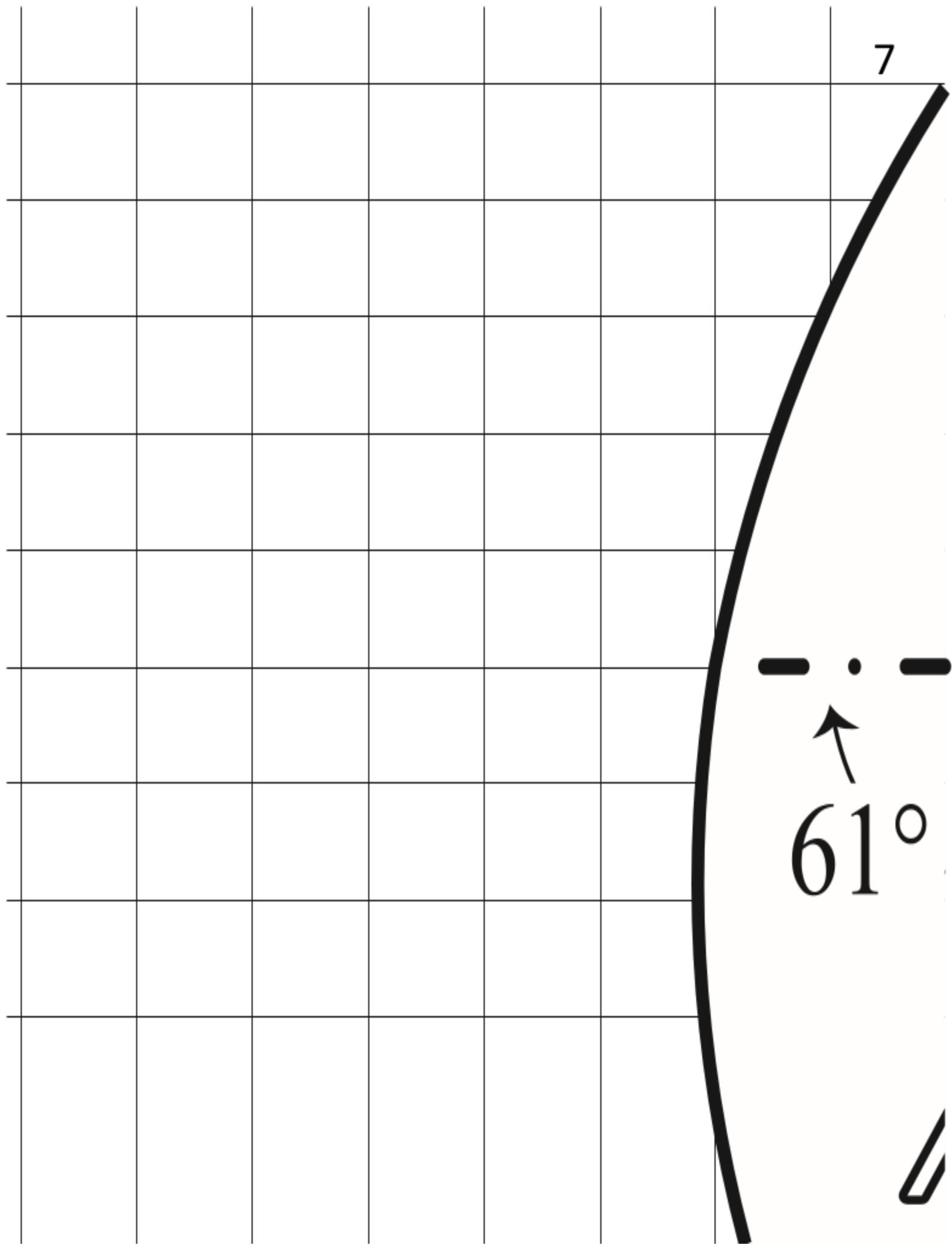
98°

99°

120cm

6

0 cm

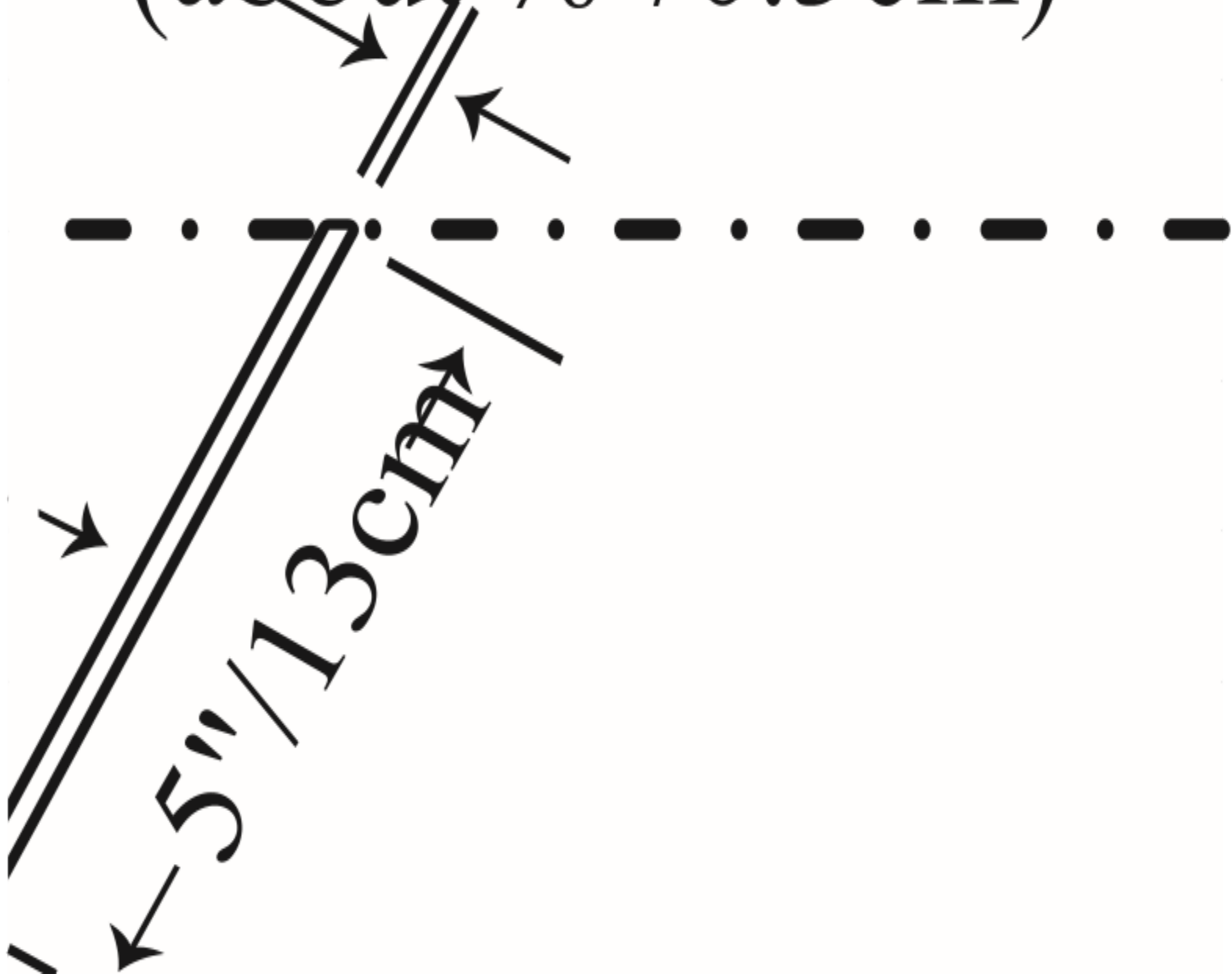


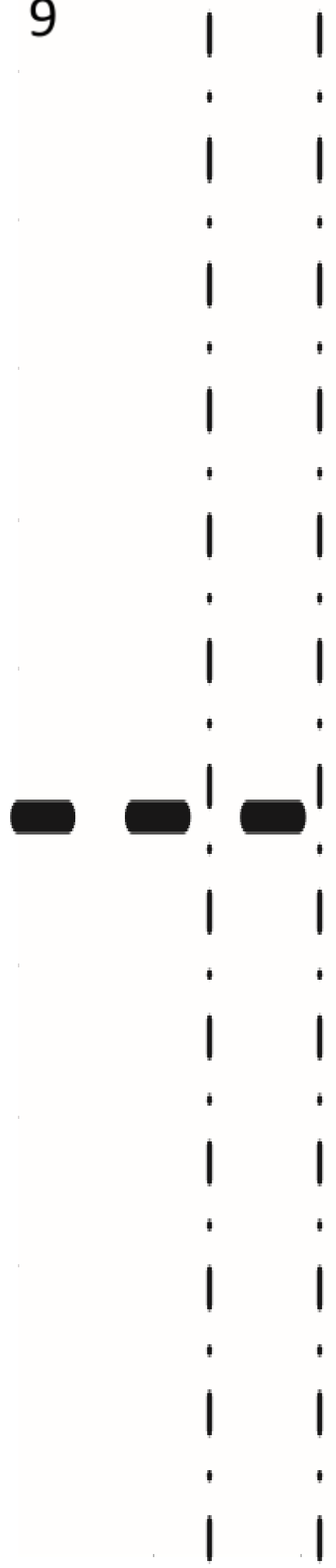
7

61°



narrow slot, width of
cardboard thickness
(about $\frac{1}{8}$ " / 0.3cm)

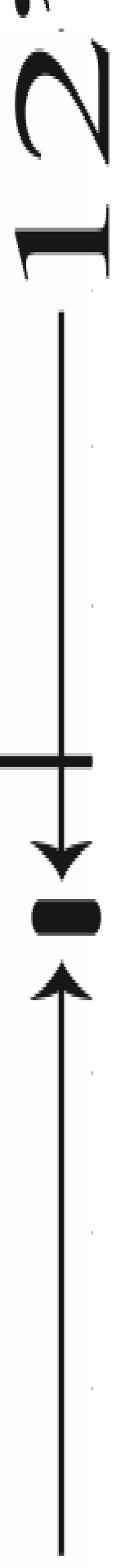




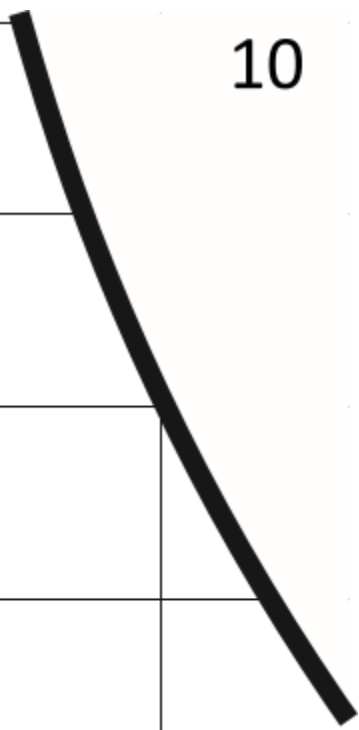
12" / 30cm

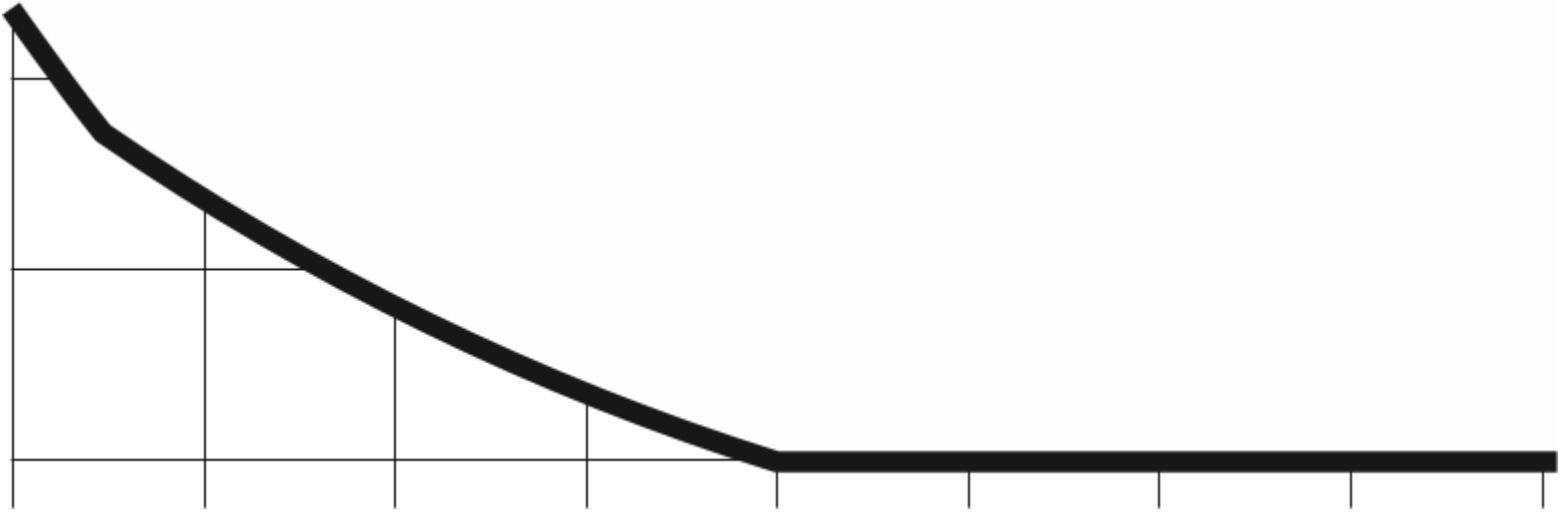
Flip over to
trace other
half

m



10





12



11"/28cm



11