

SOLAR COOKERS

WHAT.....?

- Use reflection, concentration, glazing and absorption of the sun's rays to produce heat to cook food and bake bread and cakes.
- Requires the sun to cook, but a few clouds will not cause a problem
- Cannot cook at night or in skies that are more than half covered with clouds
- Any type of food, particularly food that needs a long cooking time (such as beans, samp, rice, meat stews and porridge) can be cooked

WHEN.....?

- Best at 10am-3pm in winter, 9am-4pm in summer
- Allow longer cooking time with larger amounts of food
- food in a box cooker will take about twice as long as in a conventional oven.
- you don't need to watch it, stir the pot or check that the food does not burn



WHY.....?

- Ideal stove for all cooking needs
- No electricity needed
- No wood required
- Absolutely no running costs
- No boiling over
- No burnt pots
- No watery dishes
- Just the tastiest healthiest foods

COST.....?

- Parabolic cooker cost = R1,200
- **Demo cost (including globes) = R30/month**
- **Demo cost (without globes) = R25/month**

HOW.....?

- Saves nutrients and vitamins by simmering at boiling point,
- Use only black pots with black lids, or see-through glass pots
- No plastic handles as the stove gets very hot and may get soft
- Put on a flat base at ground level
- Shelter from wind and animals