

# SOLAR COOKING CLASS

## AUGUST 10 MONDAY FROM 10-1

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### What is it

The Solar Cooker is an aluminum foil covered cardboard reflector that reflects the sun on a black pot in a plastic bag. The sun cooks the food in a couple of hours

The Rocket Stove is a fuel-efficient Biomass stove, to be used when there is no sun. The internal chimney creates a very strong flame and boils a pot in 10 minutes with just a few twigs.

The Hay Basket or fireless cooker is a basket filled with insulating material which finishes the cooking of a boiling pot. It also keeps the food warm until meal time.

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### Why use it?

- It is **INEXPENSIVE**– no gas or electricity bills
- It is **SAFE**–no direct flame, no wood fire
- It is **EASY**– food never burns, no need to stir or check food while cooking
- It is **Healthy**– better preservation of vitamins and nutrients. No heat in the home

