HOW TO USE ISSC
Integrated Sustainable Solar Cooking
Instruction leaflet for end users

Design:
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Other sources:
Solar Cookers International, Sacramento, California, U.S.A.
www.solarcookers.org
KOZON Wageningen The Netherlands www.kozon.org

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How to use the CooKit, Heat retention basket, Fuel Saving Stoves, WAPI
HoA-REC/N, Addis Ababa, Ethiopia
SCN, the Netherlands March 2011
THE START
1.3. Cooking speed

**OK**

- Use a solar dish in the morning.
- Use a sun umbrella to protect the dish.
- Use a pot with a lid.
- Use a knife to cut food.
- Use a brush to clean the pot.
- Use water to wash the pot.

**NOT OK**

- Use a plain dish.
- Use a sun umbrella to cook food.
- Use a pot without a lid.
- Use a knife to cut food without a sharp edge.
- Use a brush to clean the pot with water.
- Use water to wash the pot without a lid.
1.4. Cooking hours

<table>
<thead>
<tr>
<th>EASY TO COOK</th>
<th>1 – 2 hours</th>
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<tbody>
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<table>
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<tr>
<th>3 – 4 hours</th>
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<table>
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<th>5 – 8 hours</th>
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FOLDING INSTRUCTIONS
2. HOW TO USE HEAT RETENTION BASKET or THERMAL BOX
<table>
<thead>
<tr>
<th>Cookers</th>
<th>Pieces of wood</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Cooker Image]</td>
<td>![Wood Image] 10</td>
</tr>
<tr>
<td>![Cooker Image] + ![Basket Image]</td>
<td>![Wood Image] 0</td>
</tr>
<tr>
<td>![Cooker Image] + ![Basket Image]</td>
<td>![Wood Image] 4</td>
</tr>
</tbody>
</table>

How to use the CooKit, Heat retention basket, Fuel Saving Stoves, WAPI

HoA-REC/N, Addis Ababa, Ethiopia

SCN, the Netherlands  march 2011
3. HOW TO USE THE WAPI