

Solar Cooking Foundation the Netherlands

Solar Cooking Instructors

Outline for a introduction workshop How to Use the Cookit

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Preparations for a workshop

- Discuss with the other instructor and/or solar cooking staff date, time and location for the workshop; a workshop will take 4 hours;
- Organize the group of participants; preferably around 20-25 women maximum.
- Take enough (20-25) Cookit flyers with you to the workshop;
- Buy the day in advance food for 5 cookits / pans:

Proposal: rice or lentils	1 pan / cookit
Other	1 pan / cookit
Vegetables	1 pan / cookit
Tomatoes, onions/garlic	1 pan / cookit
- Organize: salt, pepper, herbs, little oil, 3 cutting knives, 2 baskets + water
- Take with you 5 complete cookitsets/ including pans. The 5th cookit is for pasteurizing water.
- Take with you a small notebook and pen;
- Take with you enough complete cookit sets to sell to the workshop participants.

The workshop

- Try to be on location 30 minutes before the participants for your preparations;
- Welcome all the participants and give each the flyer Cookit. And explain the program
- Tell in general about the urgent and critical situation on deforestation and explain the solution of using the heat of the sun for daily cooking, water pasteurization and food processing; and the use of wood efficient stoves.

Short demonstration COOKIT

- Give a short demonstration / presentation:
 - show the bag, show the contents
 - unfold the Cookit
 - Put on the clothes pins
 - Unfold the heat resistant plastic bag
 - Take the black lightweight pan
 - Place the pan in the plastic bag, with 3 flat stones under
 - Close the plastic bag not too tight.

→ Questions??

Cutting and washing food for the COOKIT → and in the sun

- Start to prepare together the food: cutting, washing and discuss the amount of water meanwhile needed for each pan with food

- Let the participants place the CookKits with food as early as possible in the sun and give instructions how to do this;
- Register the time now and explain how much time the food needs to be cooked by the sun;

→ Questions ??

Explanation / instruction / discussion about solar cooking/ food processing / water pasteurization in the COOKIT

- Tell about your own experiences cooking with the CookKit;
- Introduce the theme: haybasket
- Take the flyer COOKIT (small brochure) and explain/ discuss all the points/ images
- Discuss shortly experiences now with water and the need for pasteurization, esp for babes and young mothers
- Mention the interesting possibility of *food processing* in the CookKit and the option to keep food for a longer time and even more important to sell dried fruits/food. (income generating activity);

→ Questions ??

Instruction form: HOW TO USE THE COOKIT

- Take the instruction HOW TO USE THE COOKIT from the cotton bag and discuss / explain all the points and images;
- Pay special attention to the page Wind, Cloudy weather, Rain and effects on solar cooking;
- Discuss the rainy period during the year and raining patterns during the day in this period;
- Let **all** the women unfold and fold the CookKit, unfold the plastic and put in the pan etc. see also instruction.
- Check with the group after 1 and after 2 hours the temperature of the pan etc.

→ Questions ??

- Demonstration / explanation How to pasteurize water.

Is the food ready for eating together

- Open after 2 ½ hours the pans and let the group control the quality of the food, taste.
- If not ready discuss how much time more is needed;
- If ready eat together
- Discuss the quality of the food and compare with their daily food and habits;
- Discuss improvements.

Registration of names and selling CookKit sets

- Write down the date of today, village, all the names of participants
- Administrate the selling of CookKitsets, etc
- Make with the group new appointment for follow up workshops 2 or 3 weeks later, and discuss the need to use the cookit from now at home, etc.
- Fill in as instructors, the Guidelines for Reporting.

Follow up workshop

- Take with you: names of group, your report, 1 Cookit set (and more of people ordered);
- Discuss experiences at home, and discuss the problems; try to solve the problems together. Use again the instruction forms How to Use the Cookit.
- Let each participant again unfold and fold the cookit with plastic bag and pan etc.
- Report again experiences of women, problems solved and not solved, etc.
- Hand your report over to solar cooking coordinator.

Solar Cooking classes program (use different available form)