

How to make a Solar Cooker

Converting a Foam Cooler into a Cooker



1. Select a dark pan with a lid that drips the liquid inside.
2. Find a foam cooler that is large enough inside to set your pot or baking pan.

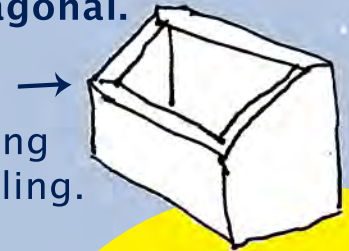
Materials Needed

- * Pot for water and stews. Pan for baking.
- * Ruler and marker
- * Utility and/or serrated knife.
- * Heavy-duty aluminum foil.
- * Tape. Duct and clear shipping tape
- * Heavy-weight plastic or Plexiglas.
- * Dowels or sticks, about 12-14" long.
- * Rack that will fit inside the cooler. You can use canning jar rings.

3. Cut the top of the cooler on a diagonal.

You do not want to cut lower than the top of the pot on the rack.

Cover the cut edges with shipping tape to stop foam from crumbling.

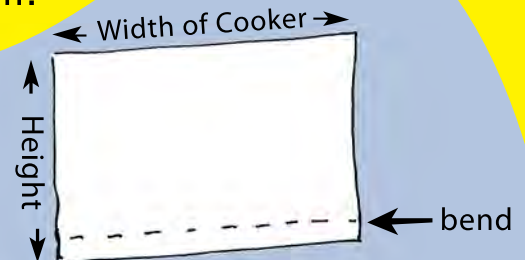


4. Line interior with aluminum foil. Using a solid piece of foil to cover the inside back, bottom and front makes it easier. Use tape to secure the corners. Remember, the reflective side of the foil faces out.

5. Paint the bottom black and if the pot is shiny, paint its outside too. This will help hold the heat. Any type of black spray paint will work. This step is not essential.



6. Make the reflector. Cut a piece of cardboard the same width as the cooler, and as long as the cut diagonal plus 3 inches. Cover one side with foil.

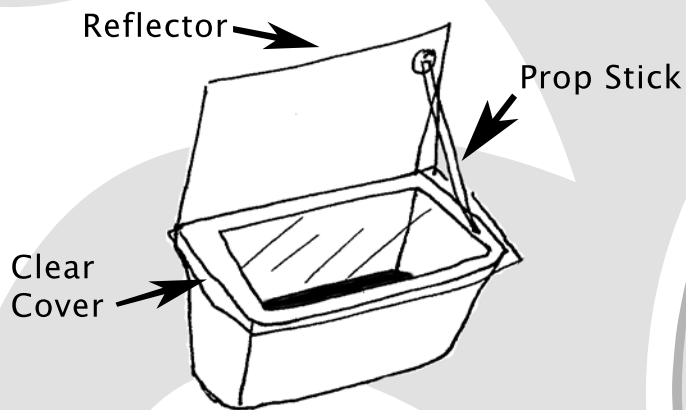


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7. **Attach reflector to the back edge of cooler with heavy tape.**

8. **Cut a piece of glass, Plexiglas, or heavy plastic to cover the top of the cooker, or put pot in an oven bag.**



9. **Make a rack.** You can use wood, wire or canning jar rings to place your pot on in the cooker.

10. **Use a stick to prop reflector at best angle to reflect sun into the oven.**

Tips for Success

- * Use hot pads or oven mitts.
- * Protect your eyes from sun shining off reflective surfaces.
- * Use rack to keep hot air under pot, and to keep pot from burning the bottom of the cooler.
- * Food cooks faster on sunny days, but you can still cook on cloudy days.
- * Move cooker to follow the sun.
- * Food cooks faster in dark pans.
- * Use a lid or darkened foil.

Recipe for Chicken and Rice and Tomatoes

- 1 cup of quick rice (you can use regular rice, but it takes a lot longer).
- 1 can of flavored tomatoes (15 oz., including the juice).
- 1 can of peas (15 oz.) + 1 can of chicken (8 oz.)—Keep the liquid from both!
- 1 tablespoon of seasoning—Italian blend, for example.

Combine rice, tomatoes (with juice) and seasonings. Pour juice from canned chicken into a one-cup measuring cup and put chicken into the pot. Do the same with the peas. Add water to measuring cup so there is one cup total of liquid and pour into the pot. Stir.

Put the pot in the cooker. Cook for one hour.

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