

What people are saying:

"Cooks meat and cake one hour faster than other solar cookers."

--Women in Kisumu, Kenya

"Performed better than other solar cookers in the windy California desert."

--Patricia McArdle, Editor, *Solar Cooking Review*

"Saves time and makes perfect ugali without stirring."

--Nairobi Rotary Solar Cooker Evaluation

Add a heat-retaining basket

Food cooked during the day can be kept piping hot for the evening meal by putting the pot into an insulated container, such as a basket surrounded by blankets, straw, or other insulating materials.



Perfectly cooked with NO stirring!

To purchase a Haines Solar Cooker, and for training and recipes, contact:

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[2015.docxhttp://solarcooking.wikia.com/wiki/NAREWA](http://solarcooking.wikia.com/wiki/NAREWA)



Haines
Solar Cookers



Haines Solar Cooker

- Durable
- Easy to Use
- Affordable



Two years in development, the Haines Solar Cooker is unique:

- Reflector made of high temperature MPET foam that will last 5 years.
- Cooking sleeve insulates the cook pot and keeps the food hot.
- Windscreen holds the reflector in the proper shape and retains the heat.

How it works: The sun's heat is absorbed by the black cooking pot, while the reflector stays cool. The pot must be black on the outside, with a top rim and no handles. The pot is suspended inside the cooking sleeve, with the top rim of the pot resting on the top rim of the cooking sleeve. The sleeve insulates and elevates the pot off the surface of the reflector.

How hot does it get? On a hot day in summer, air in an empty pot will reach 200° C. However, with food in the pot, the maximum temperature is lower (120°-150° C.) because the food absorbs the heat.

Saves Time: Although food cooks more slowly in a solar cooker, it never burns, so it needs no stirring or supervision. Set it in the sun early, and do other things while lunch or dinner is cooking. This saves time because there is no wood to collect, no fire to build, no danger to children, and no risk of burning.

Pasteurizes water. A liter of water will boil (100°C.) in about an hour. However, water is safe to drink (Pasteurized) when heated to

only 65°C. A simple Water Pasteurization Indicator (WAPI) can show when water is safe.

Improves Health. Lung disease from cooking smoke is a leading cause of death and many children suffer burns from cooking fires. Solar cooking is safe, and also preserves valuable nutrients. Moreover, because sunlight is free, high-protein foods like legumes and beans that require long cooking times cost no more to cook.

Protects the Environment. A solar cooker has no emissions, reduces deforestation.

Stays Hot as the Sun Moves. Tests show that the Haines Solar Oven stays hot as the sun moves. So it's OK if you forget to re-orient it for a couple of hours..

What can it cook?

Anything you can cook in an oven.



Potatoes & Gravy Paprika Chicken In 2 hrs.



Mango Bread in 1 ½ hours



Cheese Soufflé and Baked Yams in 1 ½ hours



Ugali without stirring in 2 hours