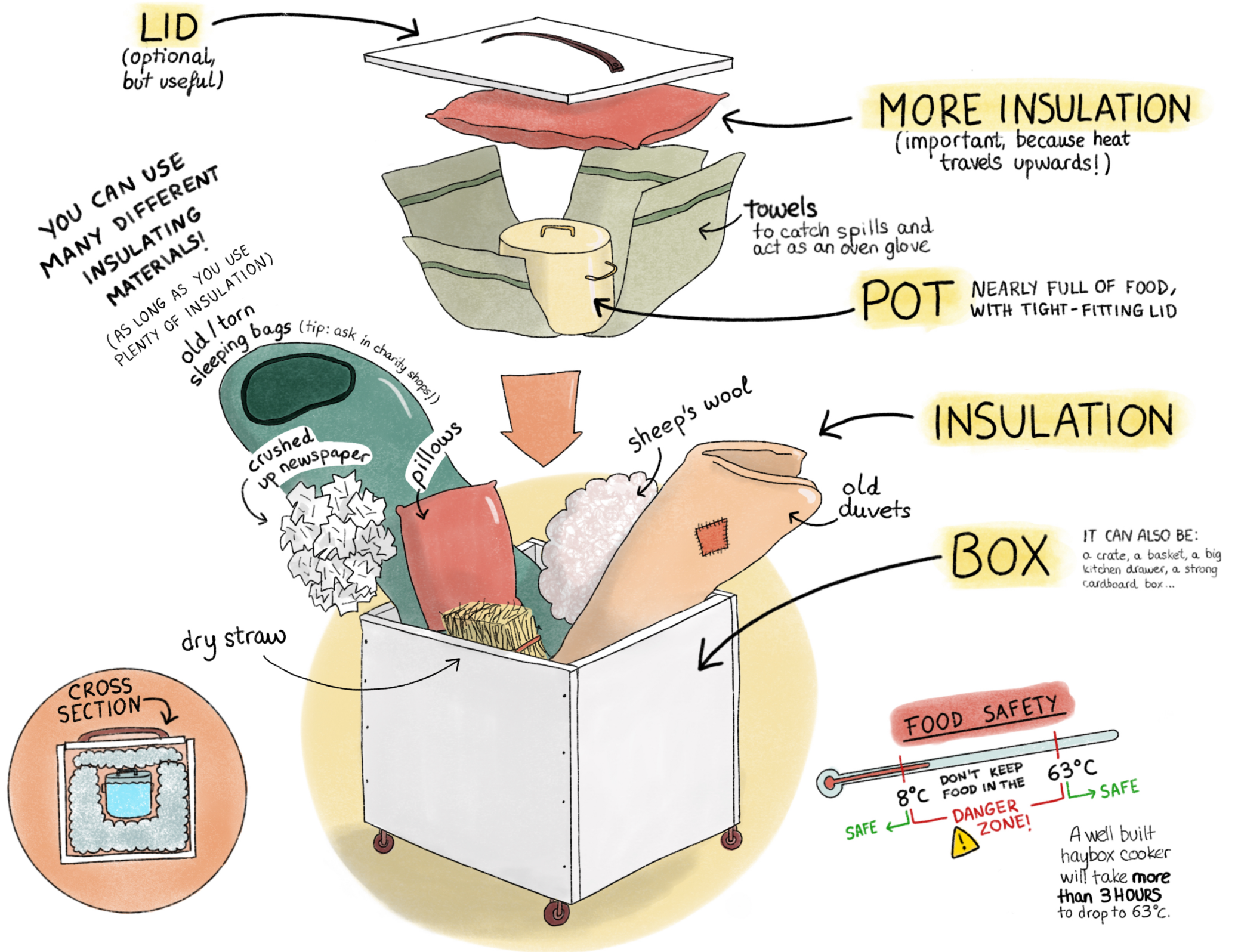


SAVE UP TO 50% ENERGY BY USING A

# HAYBOX COOKER!

IT IS AN INSULATED BOX WHERE YOU PLACE YOUR PARTLY COOKED FOOD. THE HEAT ENERGY HELD IN THE POT AND THE FOOD COMPLETES THE COOKING PROCESS WITHOUT ANY EXTERNAL HEAT INPUT.



## WHAT CAN IT COOK?

It cooks ANYTHING that you would normally cook by **SIMMERING**.



\*USE 1.5 CUPS WATER PER CUP OF RICE

## HOW TO USE IT

- 1 FILL YOUR POT ALMOST TO THE TOP.
- 2 BOIL with **LID ON** for 5-10 MINUTES
- 3 MOVE IT INTO THE HAYBOX COOKER
- 4 WAIT for 1 or 2 hours DON'T open the pot, you will lose valuable heat!

## BENEFITS

- SAVES money by using 50% less ENERGY than if you cooked normally
- MORE NUTRIENTS are RETAINED
- IT'S CONVENIENT! Cook when free and eat up to 4 HOURS later, still hot!
- FOOD CANNOT BURN!