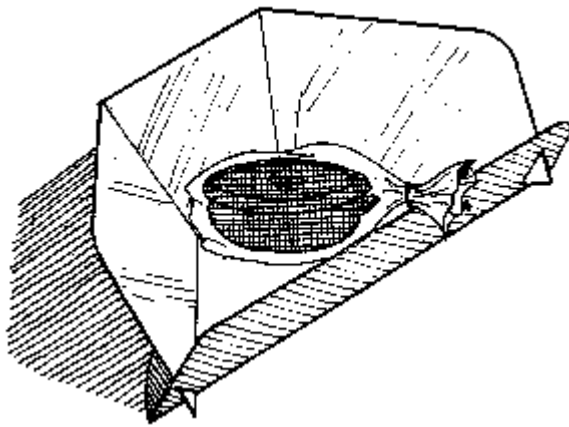


## The "Cookit" Foldable Family Panel

The Foldable Family Panel is neither a "solar oven" or "curved concentrator" but a happy hybrid. Its utter simplicity belies its powerful cooking power. Its low cost brings solar cooking to a much wider market of people.

It is handy for cooking food, baking breads, pasteurizing water, and teaching the basics of solar energy.

Co-developers are Roger Bernard of France and [Barbara Kerr](#) of the USA, with work also by Edwin Pejack, Jay Campbell, and Bev Blum of [Solar Cookers International](#). Extensive field tests in the USA and with [refugees in Kenya](#) confirm its performance, convenience, low cost, acceptance, and adaptability to diverse needs.



### Construction

Start with a big piece of cardboard about 1m x 1.33m (3'x 4'). Cut and fold as shown. The angles and folds shown are best, but small variations are OK.

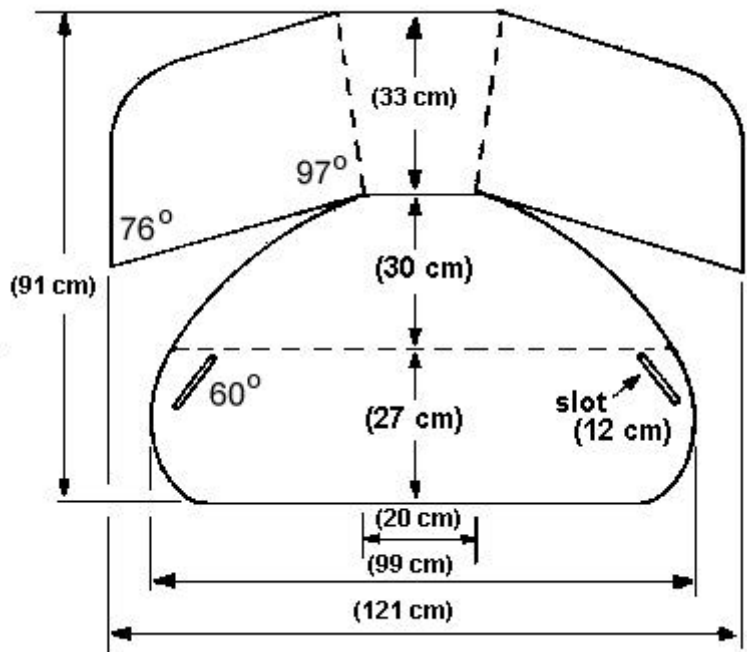
*Hints: To make clean straight folds in cardboard, first make a crease along the line with a blunt edge such as a spoon handle, then fold against a firm straight edge.*

Make the slots a little too small and narrow so that they fit snugly to hold up the front panel.

Glue aluminum foil on the side that will form the inside surfaces when the oven is set up for cooking.

To set up, lay panel flat with shiny side up. Fold up front and back parts and fit back corners into the slots in front.

You're ready to cook! Put your food into a dark-colored pot. Then place the pot inside a plastic bag (an oven cooking bag will withstand the heat best). Close the open end of the bag and place pot and bag into the center of the cooker.



### Tips and Tricks



- [Dr. Steven Jones](#) found that raising the pot on a wire frame improved cooking in a panel cooker.



- [Wietske Jongbloed](#) created a simple frame to protect plastic bags from damage.

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<http://solarcooking.org/cookit.htm>