Cooking food requires a lot of energy!
By using solar energy, we can be energy efficient!
Solar S’mores

INGREDIENTS:
• Graham Crackers
• Chocolate Bar
• Marshmallows

DIRECTIONS:
• Place chocolate squares on top of one graham cracker piece inside your solar oven.
• Top with marshmallow.
• Cover with remaining graham cracker piece to form a sandwich.
• Find the most efficient direction to angle your oven to maximize the amount of energy captured.
• Bake until heated and chocolate begins to melt.
• Serve immediately.
• ENJOY!
Solar Nachos

INGREDIENTS:
• Crackers
• Cheese

DIRECTIONS:
• Place cheese on top of crackers inside your solar oven.
• Find the most efficient direction to angle your oven to maximize the amount of energy captured.
• Bake until heated and cheese begins to melt.
• Serve immediately.
• ENJOY!
Apples With Cinnamon

INGREDIENTS:
• Apple Slices
• 1 Teaspoon Cinnamon
• 1 Teaspoon Sugar

DIRECTIONS:
• Have an adult help you core an apple and slice it into thin slices.
• Place apple in a shallow glass or dark metal dish.
• Toss the slices with 1 teaspoon of cinnamon and 1 teaspoon of sugar.
• Add a little water, if necessary, so the apples are moist.
• Place dish with apple mixture in your solar oven.
• Stir the apple mixture every 30 minutes.
• Make sure to adjust the position of the oven so it is in full sun.
• Bake for several hours, until apples are softened and are warm all the way through.
Efficient Crayons

SUPPLIES:
• Old Crayons (broken into small pieces)
• Metal Cookie Cutter or Metal Tart Cup
• Tinfoil

DIRECTIONS:
• Place metal cookie cutter or cup on tinfoil inside your solar oven.
• Fill metal cookie cutter or cup with small pieces of old crayons.
• Find the most efficient direction to angle your oven to maximize the amount of energy captured.
• Check frequently to see when crayons have melted and made one bigger, new crayon.
• Once crayons are melted together, carefully take oven inside for crayon to cool.
• Once cool, remove your new crayon from the cookie cutter or cup.
• Draw a fun picture!
Giant Gummies

SUPPLIES:
• Gummy Candy
• Metal Cookie Cutter
• Tinfoil

DIRECTIONS:
• Place metal cookie cutter on tinfoil inside your solar oven.
• Fill metal cookie cutter with gummy candy.
• Find the most efficient direction to angle your oven to maximize the amount of energy captured.
• Check frequently to see when the gummies have melted.
• Once gummies are melted together, carefully take oven inside for the big gummy to cool.
• Once cool, remove your new giant, fun-shaped gummy and ENJOY!
Energy Efficiency in the Kitchen

Be Energy Efficient in Your Kitchen!

- Know what you want from the fridge so you can close the door fast!
- Always wash a full load of dishes.
- Avoid hand-washing your dishes.
- Avoid pre-heating your oven.
- Avoid putting refrigerators or freezers in unconditioned spaces.
- Avoid using your old fridge for overflow storage.
- Check the seal around your refrigerator doors.
- Check your refrigerator’s temperature.
  - The refrigerator compartment should be between 36 degrees F and 38 degrees F; the freezer, between 0 degrees F and 5 degrees F.
- Cook small portions in your microwave oven or toaster oven.
  - These appliances generate significantly less heat than your stove and oven. They also reduce cooking energy by as much as 80 percent.

continued
More Efficiency Tips for Your Kitchen

• Keep food away from refrigerator walls.
  ▪ This helps cold air circulate faster and more efficiently.
• Keep the oven door closed.
• Keep your refrigerator and freezer full.
• Only boil as much water as you need.
• Thaw food thoroughly before cooking.
• Use the right size burner to burn less energy.