

Emergency Preparedness

Being prepared can reduce fear, anxiety and losses that come with disasters.

[See SUN OVENS® Cooking Essentials Series video on Emergency Preparedness](#)



Government and religious leaders have advised us to prepare ourselves and our homes for a time of crisis. Whether it be a natural disaster, such as an earthquake or hurricane, or a manmade disaster, such as a terrorist attack or fire, prudent families are preparing for disasters that could strike unexpectedly.

[Read and subscribe to the Every Needful Thing Newsletter](#) - A free monthly newsletter for Emergency Preparedness and Food Storage Specialists and their family friends and neighbors.

How much fuel can you store?

In an effort to prepare for the unexpected, many families have set aside food but struggle with the issue of how to safely store enough fuel and rotate it to keep it fresh. Guides are available on how much food you need to keep on hand to provide for your family in the event of an emergency, but do you feel comfortable with the amount of fuel you have on hand and how to store it?

Using a *SUN OVEN*® on the days when the sun shines decreases the amount of fuel which must be stored.

SUN OVENS® can be used year round on sunny days. Even though it is called an oven, food can be baked, boiled or steamed in a *SUN OVEN*®—so other than fried foods, anything normally cooked on a stovetop or in an oven can be cooked in a *SUN OVEN*®.

A Preparedness Item That Pays for Itself

Buying what you need to be prepared can put a strain on a family's budget. Many preparedness-minded families have found that their *SUN OVEN*® quickly pays for itself by reducing their utility bills and the cost of restaurant meals. Many people do not cook or bake on hot days for fear of heating up the house. A *SUN OVEN*® enables cooking on hot summer days by keeping the heat from cooking outside.1

Improved Taste, No Hassle Cooking

Thousands of families have obtained a *SUN OVEN*® to have on hand in the event of an emergency and have been pleasantly surprised by the improved taste of sun-cooked foods and the lifestyle advantages of cooking with the sun.

There is no movement of air in a *SUN OVEN*®, allowing food to stay moist, tender and flavorful. Sun-baked roasts are tastier and more succulent, and sun-baked bread has unparalleled taste and texture. The aroma of food sunning itself in a *SUN OVEN*® is sure to please your senses.



Temperatures in a *SUN OVEN*® rise slowly and evenly, allowing complex carbohydrates time to break down into simple sugars, emanating subtle natural flavors. The even temperature of the *SUN OVEN*® prevents burning, so you do not need to stir your food while it is cooking.

The *SUN OVEN*® can be used for slow cooking, much like a crock-pot. Prepare your dinner early in morning, put it in the *SUN OVEN*®, point the oven south and leave. Come home to a tasty, slow-cooked dinner. If you run late, there is no need to worry; the *SUN OVEN*® will keep your food warm, moist and fresh for hours. Or, if you choose to refocus the oven to follow the sun every 25 to 30 minutes, cooking times and methods will be very similar to cooking with a conventional stove or oven. The choice is yours.

Does Much More Than Cook

Benefits of solar cooking

Benefits of cooking in a GLOBAL SUN OVEN®



- **Cook for free**
Bakes, Boils or Steams Any Kind of Food with the Power of the Sun – No Fuel Needed!
- **No learning curve**
Create your favorite recipes as you feast upon natural sun baked treats!
- **Just like your home oven**
Reaches Temperatures of 360° to 400° F!
- Totally Safe – No Danger of Fire – Never Burn Dinner Again!
- Versatile, Easy-to-use, Portable as a Small Suitcase!
- **Satisfaction Guarantee:**
If you are not completely satisfied with your SUN OVEN® you may return it within 30 days of the date you receive it and you will receive a refund. What are you waiting for?

Cooking in a **SUN OVEN®** is easy, fun, natural, and nutritious, while helping the environment. **SUN OVENS®** are ideal for everyday use in your back yard, at picnics, while camping, or in the event of a power failure. They can help keep your house cool in the summer by keeping the heat from cooking outside.



Even though it is called an oven, food can be baked, boiled, and steamed at cooking temperatures of 360° F to 400° F. There is no movement of air in a **SUN OVEN®**, allowing food to stay moist and tender and flavorful. Sun-baked roasts are tastier and more succulent, and sun-baked bread has unparalleled taste and texture. The aroma of food sunning itself in a **SUN OVEN®** is sure to please your senses.

Temperatures in a **SUN OVEN®** rise slowly and evenly, allowing complex carbohydrates time to break down into simple sugars, emanating subtle natural flavors. The even temperature of the **SUN OVEN®** prevents burning, so you do not need to stir your food while it is cooking.

There are two ways to cook in a **SUN OVEN®**. If you refocus the oven to follow the sun every 25 to 30 minutes, cooking times and methods will be very similar to cooking with a conventional stove or oven. Or a **SUN OVEN®** can be used for slow cooking, much like a crock-pot. You can prepare your dinner, put it in the **SUN OVEN®**, point the oven where the sun will be approximately halfway through the time you will be gone. Leave, and come home to a tasty, slow-cooked dinner. If you run late, there is no need to worry; the **SUN OVEN®** will keep your food warm, moist, and fresh for hours.

Why Cook in a SUN OVEN®? It's all about the Food!

The F's of SUN OVEN® Cooking

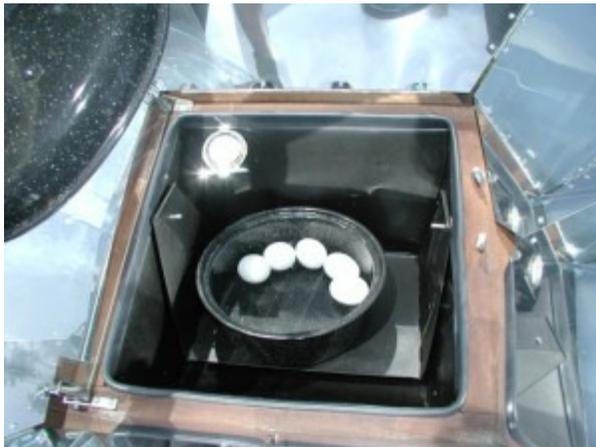
Cooking in a *Food Friendly* **SUN OVEN®** is *Fresh*, *Flavorful*, and *Fundamentally* Nutritious.



- **It's Fun**
It seems almost mysterious to put raw food into a black box and remove a moist, tender, sun cooked dinner. You can enjoy a leisurely day knowing the sun is hard at work gently cooking your dinner.
- **It's Forgiving**
SUN OVEN® cooking is the most forgiving method of cooking you will ever experience. Sun cooked food does not burn or scorch, and is very difficult to overcook. A **SUN OVEN®** transforms unskilled cooks into outdoor gourmets.
- **It's Financially Favorable**
After the initial purchase, there is no more money to spend. You do not need to use electricity, or buy charcoal or gas. You can cook outdoors throughout the summer and keep you house cooler, reducing air conditioning costs.
- **It's Friendly to the environment**
The sun energizes food without hurting the environment. The air is not contaminated with smoke or greenhouse gases, and no fossil fuels or electricity are required.
- **It's Flameproof**
A **SUN OVEN®** can be used in parks that ban open flame cooking. There is never any danger of fire or of burning food or forests.
- **It's Fossil Fuel Free** The sun comes up every morning, and harnessing the sun for cooking does not deplete the earth of its resources.
- **It's a Family Favorite**
Using a **SUN OVEN®** can be one of the most satisfying events you can plan with your kids. You can turn off the TV and computer, let the machine pick up the phone, and go outside and make a sun snack. In addition to healthy food, the family can learn about the power of the sun, nature and the environment through a fun tasty object lesson.
- **It's Flexible**
You have the option of choosing how long it will take to cook by choosing how often you refocus the oven toward the sun. **SUN OVENS®** are portable and easy to carry, enabling you to use them in your yard, at the park, on the beach or while camping or boating.
- **It Frees up time**
You spend less time preparing, tending and cleaning up sun cooked meals. You can place a frozen meal in your **SUN OVEN®** in the morning, set the oven where the sun will be mid-day, and come home from work to a meal that has thawed and cooked while you were at work. Cleaning up is easy because the even temperature of your **SUN OVEN®** prevents the food from burning or scorching your pots or pans.

- **It Foils the Forces of nature**

A **SUN OVEN®** enables self-sufficiency in the face of the increasing number of weather and natural disasters which lead to power failures. You can purify water or cook your dinner in the event of a black-out.



In addition to cooking, a *SUN OVEN®* can also be used in a variety of other ways including: