



# SOLAR OVENS

With the Louisiana Office of Energy



**The Louisiana Energy Office will provide all materials needed to construct solar ovens at no cost! We are prohibited from purchasing food items, so please ensure you have all ingredients needed for the s'mores or nachos. If you have chosen the virtual option, we will ship the kits to you prior to your visit. Please see below for a list of supplies needed.**

<b>To Build:</b>	A marker or pen, scissors, ruler, lots of tape! You may want to have a box cutter on hand to help the students cut the boxes. If your visit is in-person, we will bring these supplies for you to use.
<b>For S'mores:</b>	<ul style="list-style-type: none"><li>• Graham crackers (one big square per person)</li><li>• Chocolate (a mini Hershey bar or 2-3 squares on a big bar)</li><li>• Marshmallows</li><li>• Please be sure to separate the items into individual bags before your visit, this will help cut down on time needed to hand out.</li></ul>
<b>For Nachos:</b>	<ul style="list-style-type: none"><li>• Tortilla chips (any brand is just fine, though you may want to consider buying individual bags to cut down on time)</li><li>• Shredded cheese (1/2 cup-1 cup per person)</li><li>• Optional:<ul style="list-style-type: none"><li>◦ Chili</li><li>◦ Jalapenos</li><li>◦ Salsa</li></ul></li></ul>
<b>Space:</b>	We will need an indoor area with tables big enough to spread out a bit to put the ovens together. An outdoor area with little to no traffic with plenty of sunshine.
<b>Time Needed:</b>	It will take at least 30-45 minutes to build, depending on the age of the students and how much help they will require. The s'mores will "cook" in 5-10 minutes and the nachos will need about 10-15 minutes to melt the cheese. Cloudy and colder days may require a little more time outside.



# What to Expect

## Building

We will go over each step and use examples to walk the students through the construction of the ovens. We also will explain how the ovens work and why we use certain materials. We will wait until all students have completed a step before moving on to the next. This is why it's helpful to have the s'mores and nacho ingredients separated ahead of time. Sometimes building the ovens takes longer than anticipated. Please be prepared with extra help if you believe your students may need more time!

## Cooking

As mentioned earlier, we will need a space large enough to spread out with plenty of sunlight. For safety reasons, a low to no traffic area is best. It may be a good idea to have some things for the students to do outside while cooking (footballs, frisbees, bubbles, etc). It will take 5-10 minutes for the chocolate on the s'mores to melt and 15-20 minutes for the shredded cheese on the nachos. Please allow time for the students to enjoy the fruits of their labors. Eating the treats they cooked in the ovens is the BEST PART!!! It's also the best time for pictures. Let the Energy Office staff know if they should not post pictures on social media.



Contact: [BeEnergySmart@la.gov](mailto:BeEnergySmart@la.gov)