

How to use BaroCook



You need your BaroCook, a heating pack, water, food and a spork.



Put the heating pack into the plastic box.



Fill the plastic bag with water, use the measurement on the backside.



Pour the water into the plastic box.



Put the food into the metal box and place inside the plastic box. Put on the lid.



Your food will get warm in about 10 minutes. Stir the food after a few minutes.