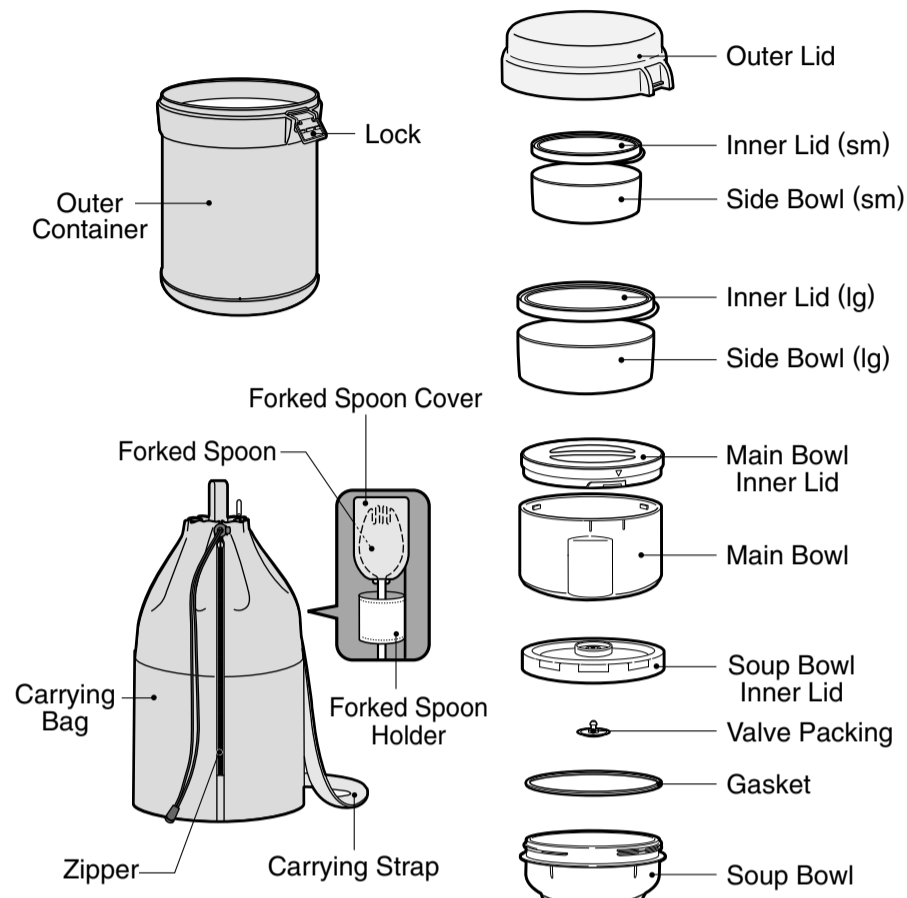


Thank you for your purchase of this quality Zojirushi product. We are confident that it will give you top performance and optimum satisfaction for many years. To ensure this, please read and follow the important guidelines below.

Name of Each Part:



* Please place inner bowls in the following order:
Soup Bowl Main Bowl Side Bowl(lg) Side Bowl(sm)

How to Use:

1. Remove inner bowls

Unlock the sides, remove outer lid, and take out inner bowls from outer container.



2. Preheat (Precool)

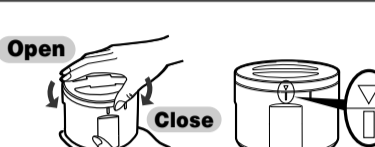
a. For maximum heat (cold) retention, fill outer container, main bowl and soup bowl with hot water (cold water) for 1-2 minutes.
b. After preheating (precooling), discard the hot water (cold water) and wipe with soft cloth.

3. Fill soup bowl
Fill the soup bowl with hot (cold) soup, close the inner lid tightly and place in the outer container.

4. Fill main bowl

Fill the main bowl with hot (cold) food, close the inner lid and place in the outer container.

* When closing the inner lid, make sure the triangle mark on the lid aligns with the tab mark.



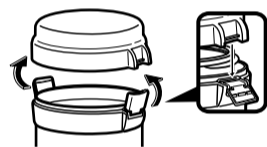
5. Fill the side bowls

Fill the side bowls and close the inner lid. Place in the outer container.



6. Lock the lid on the outer container and place in carrying bag

* Place the forked spoon in the forked spoon holder of the carrying bag.



Product Name	Stainless Lunch Jar
Model No.	SL-JAE14
Capacity	Main Bowl 15.2 oz. (0.45L)
	Side Bowl(lg) 10.1 oz. (0.3L)
	Side Bowl(sm) 6.8 oz. (0.2L)
	Soup Bowl 9.5 oz. (0.28L)

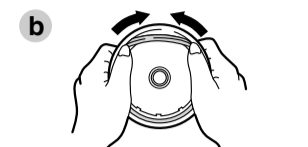
How to Remove/Place the Gasket and Valve:

Gasket

a. To Remove: Remove the gasket from the inside by using a pin or a small object and fitting it into the small openings.

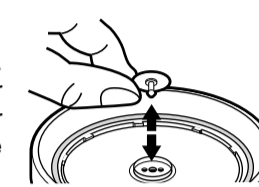


b. To Place: Fit the gasket around the inside of the inner lid by pushing it in with your fingers.



Valve Packing

The valve packing is on the center of the inner lid. To remove, pull the valve packing off with your fingers. Please replace the valve packing after cleaning. Please take caution not to scratch the valve with your fingernails.



Cautions:

Keep out of reach from infants. Keep away from heat sources such as gas stoves, ovens and heaters. When placing inner bowls in the microwave, please:
• Remove all lids from inner bowls.
• Do not microwave outer container.
• Do not microwave the inner bowls when there is nothing inside.
Do not leave the lunch jar on its side (contents may spill). Do not leave food in lunch jar for a long period of time for it may spoil. Do not include foods that spoil easily such as dairy products. Please avoid storing liquids in the main bowl or side bowls for contents may spill. Do not place any food directly in the outer container. Clean the inside of the outer container to avoid rusting. Do not carry by the lid. Avoid dropping or hitting against hard surfaces. Consume foods within 6 hours to keep foods from spoiling. Cool foods before storing in the side bowls to prevent from spoiling. Closing the lid while the content is hot may deform the lid and cause spilling. Do not put hot food and cold food in the main bowl and soup bowl, or hot food and cold food in one bowl at the same time (contents may spoil).

How to Take Care of your Lunch Jar:

Outer Lid	Wash with warm water and dishwashing soap, rinse and dry.
Inner Bowls	• Remove and wash the gasket and valve after each use. • Remember to replace the gasket and valve packing after washing.
Forked Spoon Cover	• Remove lid while drying.
Outer Container	Wash with warm water and dishwashing soap, rinse and dry with a soft cloth.
Inner Lids	• Do not soak.
Forked Spoon	
Carrying Bag	Wipe with a damp cloth with warm water and dishwashing soap.

For Odor Problems:

If the jar is kept unwashed for a long period of time or is not cleaned thoroughly, the inner bowls may smell or discolor. In this case, please follow these instructions.

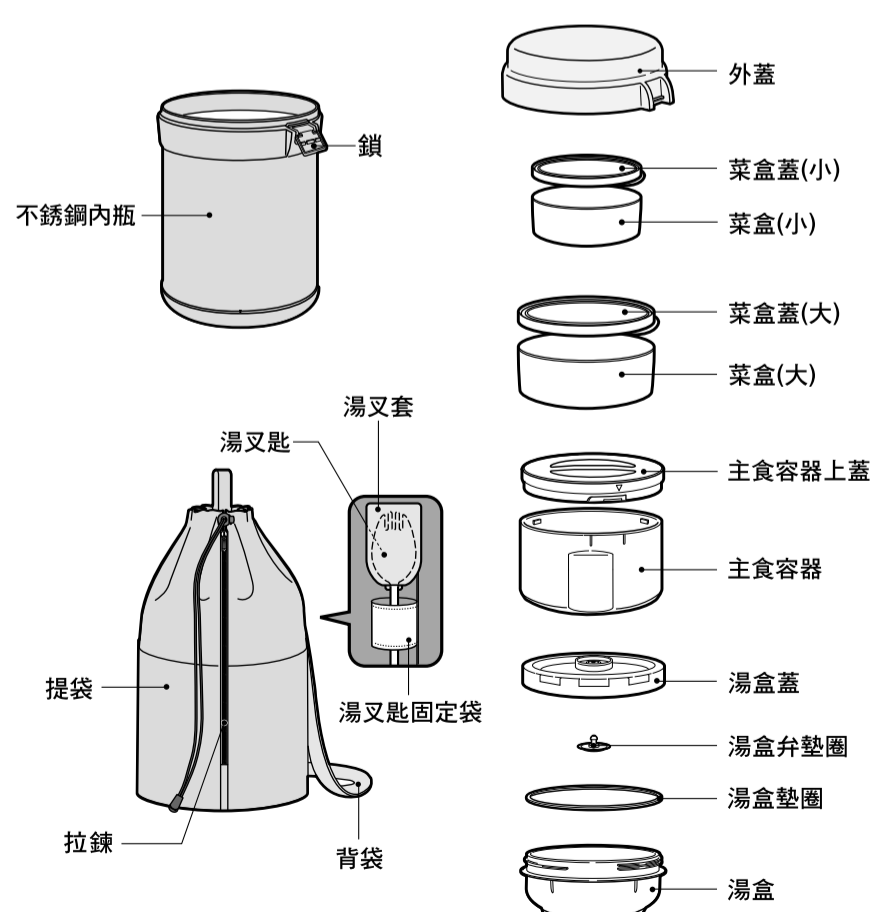
Outer Container	Wash thoroughly and dry with a soft cloth. Place in the sun and let dry for 1-2 hours.
Inner Bowls	
Soup Bowl	Boil the inner bowl for 2-3 minutes in hot water and dry as directed above.

- * Do not soak.
- * Do not place in dishwashers or dryers.
- * Do not clean with thinner, benzene, bleach, abrasive cleaners or other harsh cleaners.
- * Do not bleach.

For questions or comments, please contact:
Zojirushi America Corporation
Tel: (800)733-6270
www.zojirushi.com

使用前請詳讀說明書，以便正確使用。並請妥善保管本說明書。

各部分名稱



* 容器請依照以下順序來放入不銹鋼內瓶：湯盒→主食容器→菜盒(大)→菜盒(小)。

正確的使用方法

1. 取出各容器

請打開本體左右兩邊的鎖，取下外蓋，將各容器從本體中取出。



2. 預熱 (預冷)

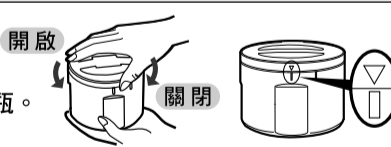
a. 為提昇保溫保冷效果，請將不銹鋼內瓶、主食容器、湯盒，加入少量的熱水(冷水)後，預熱(預冷)1~2分鐘。
b. 預熱(預冷)後請將熱水(冷水)倒掉，用軟布將水分擦乾。

3. 湯盒內放入湯

打開湯盒的上蓋後，放入熱的(冷的)湯汁等，請確實將湯盒蓋蓋好後，放入不銹鋼內瓶。

4. 主食容器內放入主食

主食容器內裝入熱的(冷的)主食後，將主食容器上蓋蓋好後，放入不銹鋼內瓶。
* 關閉主食容器上蓋時，請務必對準主食容器與上蓋▽處後，確實關閉主食容器上蓋。



5. 菜盒內放入配菜

菜盒蓋請如上圖，往上掀起後，放入配菜後，蓋上菜盒蓋。



6. 外蓋放於不銹鋼內瓶上後，如下圖，將左右兩邊之鎖扣上，放入提袋內。

* 將湯叉匙放在提袋內的湯叉匙固定袋。



商品名稱	不銹鋼真空保溫便當盒
型號	SL-JAE14
容量	主食容器 0.45L (15.2 oz.)
	菜盒(大) 0.3L (10.1 oz.)
	菜盒(小) 0.2L (6.8 oz.)
	湯盒 0.28L (9.5 oz.)

墊圈的拆卸與安裝方式

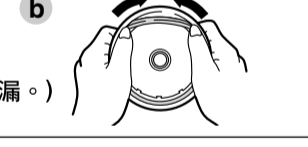
a. 拆卸方式

湯盒的墊圈請使用牙籤，將凹槽處由內往外取出墊圈。



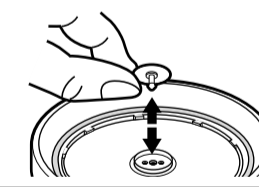
b. 安裝方式

安裝墊圈時，請由兩側邊壓邊裝入。(如有凸出處，請用指腹將其撫平，以免造成外漏。)



弁墊圈的拆卸與安裝方式

湯盒的弁墊圈安裝於湯盒容器的上蓋之中央處。清洗時請如圖使用手指往上取出弁墊圈，取出時請避免撕破弁墊圈。清洗完畢後將弁墊圈往下壓入湯盒容器上蓋的中央處即可安裝上。



注意事項

- 請勿放在幼兒摸得到的地方使用。
- 請勿放置靠近暖爐、烤箱、瓦斯爐，火源或熱源散發裝置附近。
- 放入微波爐加熱時，請注意下述事項：
* 各容器的上蓋，請取下後再加熱。
* 請勿微波加熱不銹鋼內瓶。
* 請避免加熱未放置食物的空容器。
- 便當盒請勿橫放，以免造成內容物外溢。
- 請勿保溫容易變質的食物(乳製品等等)。
- 不要將湯汁類放入主食容器、配菜容器中，以免造成內容物外溢。
- 請勿直接將食物放入不銹鋼內瓶中。
- 因內容物弄髒不銹鋼內瓶時，請儘速擦乾淨，已避免不銹鋼內瓶生鏽。
- 請勿拿著外蓋來移動。
- 內瓶請勿掉落、碰撞等強力撞擊。
- 保存於便當盒的食物，請於6小時之內儘早時用。
- 已烹調的料理，請稍微冷卻再放入容器內。以免腐壞。
- 將熱的食材放入主食容器，冷的食材放入配菜容器，各自分開，不同時放置在同一個容器裏。(是成為腐壞的原因。)

清洗方法

外蓋	請用熱水稀釋洗碗精後來清洗，清洗後請充分擦乾水分。
主食容器	* 每次使用後請務必清洗墊圈與弁墊圈。
湯叉套	* 清洗後請安裝好後才使用。
菜盒組	* 等待乾燥時請勿關閉上蓋。
湯盒組	
內瓶	使用溫水與洗碗精來清洗，最後用軟布擦乾。
主食容器上蓋	* 請勿浸洗。
湯叉匙	
提袋	請用軟布沾稀釋過的洗碗精來擦拭髒處。

沾染到味道時

使用後長時間未清洗時，或未充分清洗乾淨時，會產生異味，並會造成樹脂變色。若沾染到味道時，請如下處理：

內瓶	充分清洗後，請擦乾，放置於通風良好處，曬太陽1-2小時。
菜盒組	
主食容器組	
湯盒	湯盒煮沸2-3分鐘，如上乾燥方式。(請勿放入湯盒上蓋煮沸。)

- 請勿浸洗。
- 請勿使用洗碗機或烘碗機進行清潔與烘乾。
- 請勿使用信那水、漂白水、腐蝕性等刺激性清潔劑。
- 請勿漂白。

製造日期說明：瓶底製造號碼的末4碼 6 0 6 03 1
說明：2006年3月(1是上旬1-10日, 2是中旬11-20日, 3是下旬21-31日)