



## DIGITAL STORYTELLING (DST) SAMPLE MATERIALS

### TEXT EQUIVALENT FOR THE VIDEO “INSULATED COOKING BOX”

Life has its ups and downs (dramatic music).

Sometimes you can be presented with delightful surprises, a sense of self accomplishment, but at other times reality can come crashing down reminding you how hard it is to actually make it and how hard it is to just maintain what you have achieved.

Electricity and gas prices are rising. The everlasting effects of a global pandemic and the slow decay of our planet. Things like these may sometimes make us feel small and hopeless.

But there is always a solution: small improvisations that may seem unimportant, but the changes they bring are clearly felt (uplifting music). There is always a way to turn life around and the small steps in that direction are the most important.

Just like an insulated cooking box that allows food to cook slowly but surely by trapping heat. It is easy to use, portable and saves energy, minimizing gas bills significantly. And most importantly, it does not cause any harm to the environment.

Small steps always matter before big steps are taken, so what does it cost changing my habits a bit? Cooking cannot become any more efficient and non-polluting than this. Be part of the change with this new cooking innovation! Small changes matter the most when they help you through and make things better of us all.

Save the planet today.

