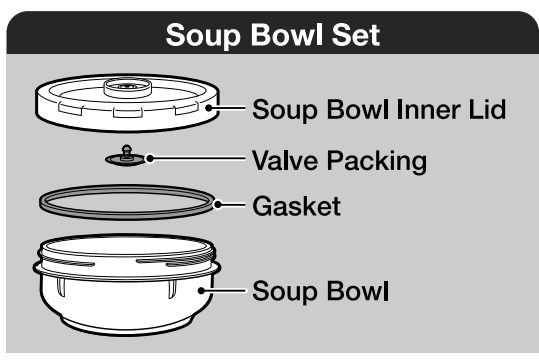
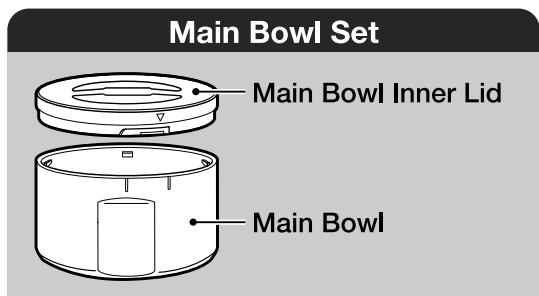
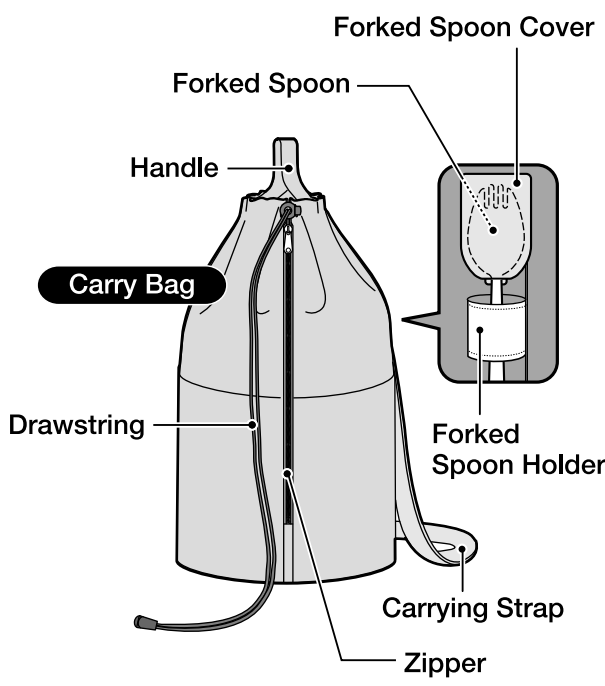
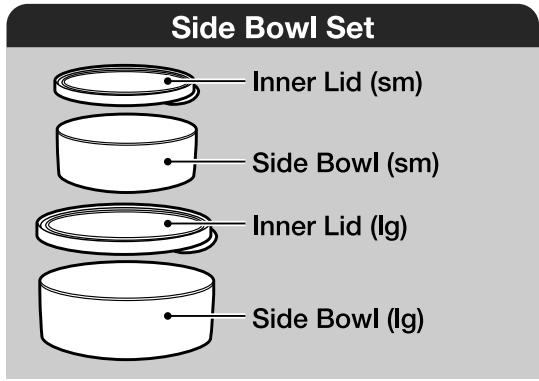
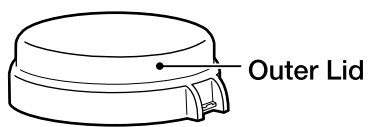
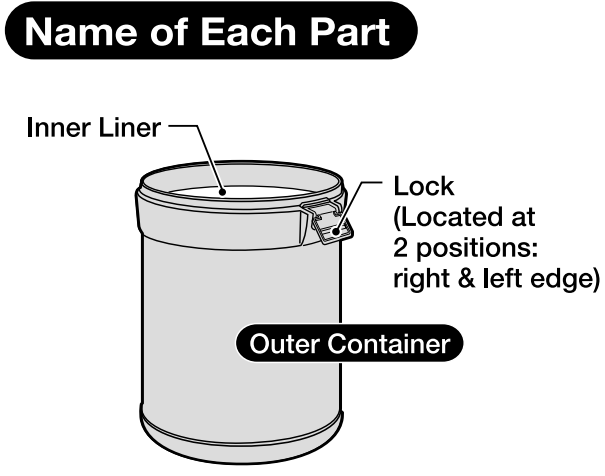


**Name of Each Part**



● Be sure that all parts are correctly placed or installed before each use.

\* Please place the Inner Bowls inside the Outer Container in the following order:  
 Soup Bowl Set → Main Bowl Set → Side Bowl Set (lg) → Side Bowl Set (sm)

● The illustrations used in this instruction manual may differ from the actual product you have purchased.

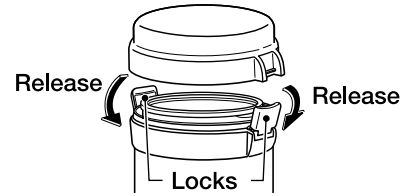
Please read these instructions before use, and keep for future reference.

## How to Use

- Follow the instructions for care and wash the Bowls, Forked Spoon, etc. thoroughly before use.
- When you first use the product, there may be a plastic smell. However, this will become less noticeable with use.

### 1. Remove the Bowls.

Release the Locks (2 positions) to detach the Outer Lid, and remove each Bowl from the Outer Container.

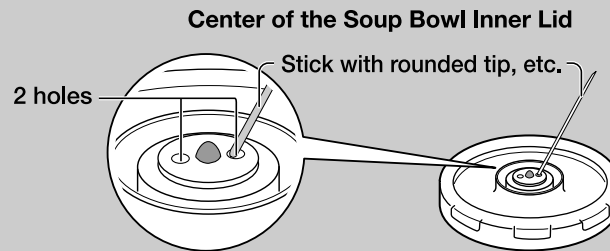


### 2. Preheat (Precool)

- ① For better heat/cold retention, pre-heat/pre-cool the Outer Container, Main Bowl, and Soup Bowl by pouring a small amount of hot water/cold water into them, closing the Inner Lids, and letting them stand for 1-2 minutes.
- ② After preheating/precooling, discard the hot water/cold water and wipe off any moisture.

#### If you have difficulty removing the Soup Bowl Inner Lid

When you pre-heat the Soup Bowl or fill the Soup Bowl with hot foods or beverages, this may cause a buildup of pressure inside the Soup Bowl and make the Soup Bowl Inner Lid difficult to remove. In this case, push a small stick with a rounded tip or similar tool into the holes (2 locations) in the center of the Soup Bowl Inner Lid to release the pressure, taking care not to damage the Valve Packing.



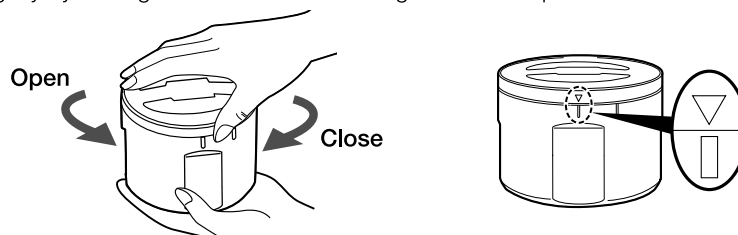
### 3. Fill the Soup Bowl with soup.

Open the Soup Bowl Inner Lid and fill the Soup Bowl with hot/cold soup, etc. Then, close the Soup Bowl Inner Lid tightly and place the Soup Bowl inside the Outer Container.

### 4. Fill the Main Bowl with a main dish.

Fill the Main Bowl with a hot/cold main dish. Close the Main Bowl Inner Lid and place the Main Bowl inside the Outer Container.

- \* When closing the Main Bowl Inner Lid, it will temporarily become difficult to close. Close the Main Bowl Inner Lid tightly by turning it until the ▽ mark is aligned with the position of □ on the Main Bowl.

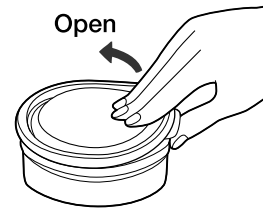


## How to Use (continued)

- Follow the instructions for care and wash the Bowls, Forked Spoon, etc. thoroughly before use.
- When you first use the product, there may be a plastic smell. However, this will become less noticeable with use.

### 5. Fill the Side Bowls with side dishes.

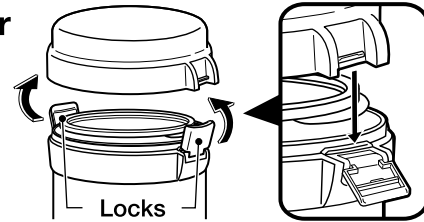
- ① Open the Side Bowl Inner Lid by pushing up from the tab, and fill the Side Bowl with a side dish.
- ② Close the Side Bowl Inner Lid by interlocking the edges of the Side Bowl and Side Bowl Inner Lid to push out the air. Place the Side Bowl inside the Outer Container.



### 6. Lock the Outer Lid and place the Outer Container inside the Carry Bag.

Place the Outer Lid on the Outer Container and close the Locks (2 positions). Place the Outer Container inside the Carry Bag.

- \* Place the Forked Spoon in the Forked Spoon Holder on the inside of the Carry Bag.



## Removing/Attaching the Gasket

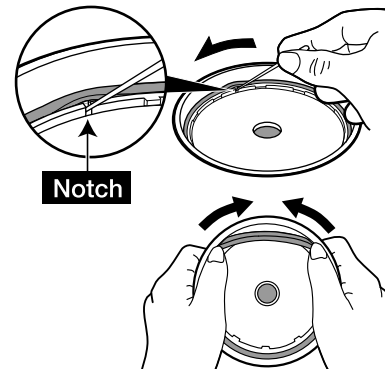
### To remove:

Remove the Gasket by lifting it up from the inside with a toothpick or similar tool, starting from the Notch in the Soup Bowl Inner Lid. Be careful not to scratch the Gasket.

### To attach:

When attaching the Gasket, please push the Gasket in from both sides towards the center, as illustrated on the right.

- \* If there are parts of the Gasket that are twisted or bulging, fix them by evening them out with your fingertips. If the Gasket is left twisted or with bulging parts, contents may leak.



## Removing/Attaching the Valve Packing

The Valve Packing is fitted into the center of the Soup Bowl Inner Lid.

### To remove:

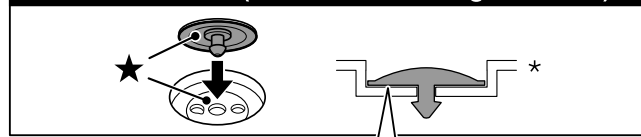
Pinch the Valve Packing between your fingers and pull to remove.

- After removing the Valve Packing for cleaning, set it back in its original position.
- When removing the Valve Packing, be careful not to damage it with your nails.

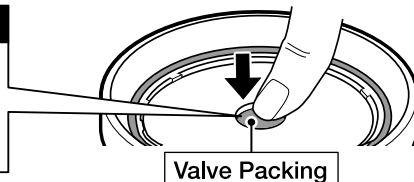
### To attach:

As shown in the illustration, push the projection on the Valve Packing securely into the hole in the center of the Soup Bowl Inner Lid.

### Cross-section (with Valve Packing attached)



- ★ Foreign matter or dirt stuck to the underside or projecting part of the Valve Packing may cause foods and beverages to leak.



- \* There are 3 holes on the Soup Bowl Inner Lid. Please insert the projection into the center hole.

## Important Safeguards

- Please follow these instructions to prevent scalding, deterioration or discoloration of the contents, and malfunction or staining of the product.

- **Keep out of the reach of infants and small children. Do not allow children to play with the product.**  
Mishandling may cause scalding or injury.
- **Do not swing the product while holding the Carrying Strap, Handle, or Drawstring, or pull on any of them forcefully.**  
Doing so may cause injuries or damage.
- **Keep the Carrying Strap, Handle, or Drawstring from rubbing against your skin.**  
Rubbing may cause chafing or cause injury.
- **Avoid carrying the product by the Outer Lid.**  
Dropping the product may cause injury.
- **Avoid modifying or disassembling the product.**  
Doing so may cause accidents or damage the product.
- **Do not place near open flames (from gas stoves, etc.), on top of electric heaters or IH hot plates, or other IH cooking devices.**  
Doing so may cause fire or damage to the product.
- **Avoid placing near heat sources such as heaters and gas stoves.**  
Doing so may cause deformation or discoloration of the product.
- **Observe the following when heating any of the Inner Bowls in the microwave.**
  - **Remove the Inner Lid before microwaving.**  
Microwaving may damage the Inner Lid.
  - **Do not place the Outer Container or aluminum foil in the microwave.**  
Doing so may cause sparks.
  - **Do not microwave any of the Inner Bowls while empty.**  
Doing so may deform or damage the Bowls.
  - **Do not use the convection or grill function of a multifunction microwave. After using the convection or grill function, let the inside of the microwave cool down before use.**  
Otherwise, the Inner Bowl may become deformed or damaged.
  - **Do not microwave oily, greasy, or sugary foods for extended periods of time.**  
The food will become very hot, which may deform or damage the Inner Bowl.
- **This product is exclusively for keeping foods hot or cold.**
- **Do not attach parts other than those specifically for this product.**  
Doing so may cause leaks or breakage.
- **Only use this product with the Valve Packing and Gasket attached.**  
Otherwise, the contents may leak.
- **Do not fill the Main Bowl or Side Bowls with soup.**  
The contents may leak.
- **Avoid laying this product on its side.**  
Doing so may cause the contents to leak.
- **Always clean the Bowls, Inner Bowl Lids, Valve Packing, and Gasket thoroughly after use.**  
Not doing so may cause decay, mold, odor, or discoloration. It may also cause leaks.
- **Avoid leaving in direct sunlight.**  
Doing so may cause spoilage or discoloration of the product.
- **Never fill the Main Bowl or Side Bowls with foods that deteriorate or spoil easily, such as raw foods or dairy products.**  
Because spoilage produces gas, pressure may build up inside the bowl, causing it to become damaged or deformed.
- **Never fill the Soup Bowl with uncooked foods or drinks containing dairy products. Always heat foods or drinks containing dairy products beforehand.**  
Otherwise, contents may spoil.
- **Thoroughly drain moist foods and separate them using silicone cups, etc.**  
Otherwise, contents may spoil.
- **Consume foods as soon as possible (within 6 hours), and do not leave leftovers inside.**  
Leftover contents may spoil.
- **Let cooked side dishes cool before placing them in the Side Bowls.**  
Closing the Inner Lid while the contents are hot may cause the Inner Lid to deform, or cause contents to spoil or leak.
- **Do not fill the Main Bowl with hot food and the Soup Bowl with cold food, or vice versa. Additionally, do not place hot food and cold food inside the same bowl.**  
Doing so may cause contents to spoil.
- **Do not add brown rice, partially milled rice, rice with mixed grains, or white rice cooked with seasonings or other ingredients, such as fried rice or seasoned mixed rice.**  
Doing so may cause contents to spoil.

## Important Safeguards (continued)

- Please follow these instructions to prevent scalding, deterioration or discoloration of the contents, and malfunction or staining of the product.

- If the Soup Bowl Inner Lid is difficult to remove, do not attempt to heat the Soup Bowl from the outside. Doing so may increase the pressure inside the Soup Bowl and cause the Soup Bowl Inner Lid to fly off, cause the Soup Bowl to burst, or cause foods and beverages to spray out, all of which could result in injury. When you have difficulty removing the Soup Bowl Inner Lid due to a buildup of pressure inside the Soup Bowl, follow the instructions in “If you have difficulty removing the Soup Bowl Inner Lid” on p. 2 to release pressure inside the Soup Bowl, and then remove the Soup Bowl Inner Lid.

## Warnings and Cautions

- Do not place main dishes, soups, or side dishes directly inside the Inner Liner. Doing so may cause rust.
- If contents get onto the Inner Liner, wipe it off as quickly as possible. Otherwise, damage such as holes or rust may form.
- Avoid dropping or hitting against hard surfaces. Damage to the plastic or stainless steel surfaces of the product may reduce its ability to retain heat.
- Do not place cans, bottles, etc. inside the Outer Container. These may deform or damage the Outer Container.
- Do not remove the sticker from the bottom of the Outer Container. Doing so may cause rust, holes, or other damage.
- Wrap foods with strong odors or heavily pigmented side dishes (spinach, pickled radish, perilla, carrot, etc.) in plastic film, etc. before placing them in the Side Bowls. If you place them directly in the Side Bowls, they may transfer odors or deposit pigment, resulting in discoloration of the Side Bowls.
- If you use the product without filling the Soup Bowl with hot soup, it may not retain heat as well. To maintain the heat-retaining performance, it is better to fill the Soup Bowl with hot water when you do not need soup.
- The rattling noise that may be heard when the Outer Container is shaken comes from the copper or aluminum foil in the vacuum insulation to increase heat/cold retention, and does not indicate a malfunction.

## Care of Your Product

- Clean the product after each use to prevent odors, stains, and mold, and to keep the product sanitary.

Outer Lid Side Bowl Set Main Bowl Soup Bowl Set Forked Spoon Forked Spoon Cover	<ol style="list-style-type: none"> <li>① Wash with a sponge dipped in lukewarm water and mild kitchen detergent.</li> <li>② After rinsing, shake several times and thoroughly wipe dry.</li> </ol> <ul style="list-style-type: none"> <li>● Remove and rinse the Valve Packing and Gasket after each use. Residual foreign matter or dirt may cause the contents to leak.</li> <li>● Do not forget to reattach the Valve Packing and Gasket afterwards.</li> <li>● Dry with the Lid off.</li> </ul>
Outer Container Main Bowl Inner Lid	<ol style="list-style-type: none"> <li>① Wash with a sponge dipped in lukewarm water and mild kitchen detergent. Then, rinse clean with water.</li> <li>② Wipe with a dry, soft cloth.</li> </ol> <ul style="list-style-type: none"> <li>● Do not soak. Water may get trapped inside.</li> </ul>
Carry Bag	Wipe off any dirt with a soft cloth dipped in lukewarm water and mild kitchen detergent.

### ■ Treating Absorbed Odors

If the product is left unwashed for an extended period or is not thoroughly washed, it may absorb an unpleasant odor, and discoloration of the plastic parts may occur. Treat any unpleasant odor absorbed by the product as follows.

Inner Liner Side Bowl Set Main Bowl Set Soup Bowl Soup Bowl Inner Lid	After washing thoroughly, wipe off moisture and leave in a well-ventilated place in sunlight to dry for 1-2 hours.
Valve Packing Gasket	Boil for 10 minutes in water with approximately 10% vinegar. After rinsing, wipe off moisture thoroughly to dry.

**Taking Care of Your Product:**

- Do not boil to sanitize. Do not use a dishwasher or dish-dryer.
  - Do not use bleach on the exterior of the Outer Container.
- Doing so may remove paint or stickers from the Outer Container.**

- If the product is not going to be used for an extended period, wash thoroughly with cold or lukewarm water and dry well. Store the product away from high temperatures and humidity. High temperatures and humidity may damage the product.
- Do not clean using paint thinner, metal wire scrub brushes, scrubbing brushes that include abrasive cleaners, polishing powders, cleansers, melamine sponges, or any similar items.
- Do not use chlorine type bleach.
- Do not soak in water for an extended period of time.
- Wipe moisture off thoroughly to prevent water stains or rusting.

**Replacing the Valve Packing or Gasket:**

We take care in only using materials that are safe and hygienic for food contact. However, if plastic parts become damaged or their surfaces become rough, please replace them for optimum performance. The Valve Packing or Gasket may need to be replaced due to time and wear. Please check them about once a year. When replacing parts, please record the model number and part name beforehand. Then, contact either the store where you purchased the product or Zojirushi Customer Service. Replacement parts may be available for an additional charge.

**SPECIFICATIONS:**

**Product: STAINLESS LUNCH JAR**

Model No.	Weight (inside the Carry Bag)	Heat Retention (Above)	Cold Retention (Below)
SL-JBE14	38 oz. (1.1 kg)	153°F (67°C) @ 6 hrs.	50°F (10°C) @ 6 hrs.

**Heat/Cold Retention Testing Conditions:**

At a room temperature of 20°C±2°C (68°F±4°F), the Inner Liner is filled with hot or cold water up to the bottom edge of the Main Bowl Inner Lid, and left standing in an upright position. For heat retention, once the hot water reaches 95°C±1°C (203°F±2°F), the temperature is measured after 6 hours. For cold retention, once the cold water reaches 4°C±1°C (39°F±2°F), the temperature is measured after 6 hours.

**Materials:**

Inner Liner	Stainless Steel (Nonstick Coated)
Outer Container	Stainless Steel (Acrylic Resin Painted)
Outer Lid	Polypropylene
Main Bowl	Polypropylene
Main Bowl Inner Lid	Polypropylene (Polystyrene Foam Interior)
Side Bowl	Polypropylene
Inner Lid	Polyethylene
Soup Bowl	Polypropylene
Soup Bowl Inner Lid	Polypropylene
Forked Spoon	Stainless Steel
Forked Spoon Cover	Polypropylene
Gasket	Silicone

Capacity	Main Bowl	15 oz. (0.45 liter)
	Large Side Bowl	10 oz. (0.3 liter)
	Small Side Bowl	7 oz. (0.2 liter)
	Soup Bowl	9 oz. (0.28 liter)

Manufacturer: Zojirushi Corporation  
Address: 1-20-5 Tenma, Kita-ku, Osaka 530-8511, Japan

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