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## Bar DFH-B20J1

# Bear DFH-B20J1 Smart Self Heated Lunch Box User Manual

Model: DFH-B20J1 | Brand: Bar

## INTRODUCTION

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The Bear DFH-B20J1 Smart Self Heated Lunch Box is a versatile appliance designed to provide convenient and warm meals on the go. This device functions as a mini hot pot, food steamer, and rice cooker, offering multiple cooking options including Rice, Porridge, Reheat, Hot Pot, and Warm. Its portable design and smart features make it ideal for various settings, ensuring fresh and hot food whenever needed.

## SAFETY PRECAUTIONS

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- Always ensure the power cord is securely plugged into a grounded outlet.
- Do not immerse the main unit (base) in water or any other liquid.
- Keep out of reach of children and pets.
- Do not operate the appliance if the power cord or plug is damaged.
- Ensure proper ventilation around the unit during operation.
- Do not touch hot surfaces. Use oven mitts or handles.
- Unplug the appliance when not in use and before cleaning.
- This appliance is for household use only.
- Do not overfill the inner pots to prevent overflow during cooking.
- Remove the vacuum pump and double-layer silicone lid before heating.

## PACKAGE CONTENTS

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Please check the package to ensure all items are present and in good condition:

- Bear Electric Lunch Box (Main Unit)
- Vacuum Pump
- Power Cord
- User Manual

- 1L Stainless Steel Inner Pot
- 0.75L Stainless Steel Inner Pot
- 0.25L Stainless Steel Inner Pot
- Steam Grid / Bracket
- Double-layer Silicone Lid (for freshness)
- Measuring Cup
- Bag

# Package List:



Figure 1: Exploded view showing all components of the Bear DFH-B20J1 Smart Self Heated Lunch Box, including the top lid, sealing caps, inner pots (0.75L, 0.25L/1L), steam grid, bracket, base, power cable, user manual, vacuum pump, measuring cup, and carrying bag.



Figure 2: Front view of the Bear DFH-B20J1 Smart Self Heated Lunch Box, showcasing its compact design and control panel with function buttons and digital display.

# 1L Lunch Box Base

Suitable for ramen and small hot pot



Figure 3: The 1L inner pot being used as a hot pot for ramen, demonstrating its suitability for various liquid-based meals.

## Standard with Vacuum Pump

Extract excess air to keep food fresh



## Double Layer Silicone

Sealing and preserving freshness



Figure 4: Illustration of the vacuum pump extracting air from the inner pot and the double-layer silicone lid providing a secure seal to keep food fresh.



Figure 5: The lunch box preparing porridge with various ingredients, highlighting its multi-functional cooking capabilities.



Figure 6: The lunch box with a cooked rice pot and separate bowls of soup and shrimp, demonstrating its ability to prepare a complete meal.

## SETUP AND FIRST USE

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1. **Unpack:** Carefully remove all components from the packaging.
2. **Clean:** Before first use, wash all removable parts (inner pots, lids, steam grid) with warm soapy water. Rinse thoroughly and dry completely. Do not wash the main unit (base).
3. **Assemble:** Place the desired inner pot(s) and steam grid into the main unit as per your cooking needs.
4. **Power Connection:** Connect the power cord to the lunch box and then to a suitable power outlet.

## OPERATING INSTRUCTIONS

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### General Operation:

- Add the appropriate amount of water to the main unit's base before placing inner pots. The amount of water

depends on the cooking function and desired cooking time.

- Place your ingredients into the stainless steel inner pots.
- Close the top lid securely.
- Plug in the power cord. The display will light up.
- Select your desired function (Rice, Porridge, Reheat, Hot Pot, Warm) using the control panel buttons.
- You can adjust cooking time (Timer) and power (Power) as needed. The device supports up to 9.5 hours preset.
- The lunch box will automatically begin cooking.
- Once cooking is complete, the unit may switch to a "Keep Warm" function or turn off. Unplug the unit and carefully remove the inner pots.

### Using the Vacuum Pump:

The included vacuum pump and double-layer silicone lid help keep food fresh for longer. After cooking or preparing food, place the silicone lid on the inner pot and use the vacuum pump to extract air from the pot. This creates a partial vacuum, which can slow down spoilage. **Important: Always remove the vacuum pump and silicone lid before heating or cooking.**

### Cooking Example: Steamed Pork Ribs with Garlic & Steamed Egg with Minced Pork

For a visual guide on preparing a meal using your Bear Smart Self Heated Lunch Box, please refer to the official product video below. This video demonstrates the steps for making steamed pork ribs with garlic and steamed egg with minced pork, showcasing the appliance's multi-layer cooking capability.

Your browser does not support the video tag.

Video 1: Official demonstration of preparing Steamed Pork Ribs with Garlic and Steamed Egg with Minced Pork using the Bear DFH-B20J1 Smart Self Heated Lunch Box. This video illustrates ingredient preparation, layering within the lunch box, and the final cooked results.

## MAINTENANCE AND CLEANING

- **Main Unit:** Wipe the exterior of the main unit with a damp cloth. Do not submerge it in water.
- **Inner Pots and Lids:** All stainless steel inner pots, steam grid, and lids are recommended for hand washing only. Use mild dish soap and a soft sponge. Rinse thoroughly and dry completely to prevent water spots or mineral buildup.
- **Vacuum Pump:** Wipe clean with a damp cloth. Do not immerse in water.
- **Storage:** Ensure all parts are dry before storing. Store the lunch box in a cool, dry place.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Appliance does not turn on.	Not plugged in; power outlet malfunction; damaged power cord.	Ensure power cord is securely plugged in. Test the outlet with another appliance. Check power cord for visible damage; contact customer service if damaged.
Food not heating properly.	Insufficient water in the base; incorrect function selected; lid not properly sealed.	Add recommended amount of water to the base. Verify the selected cooking function. Ensure the lid is securely closed.

Problem	Possible Cause	Solution
Water leaks from the unit.	Inner pots overfilled; lid not properly sealed; vacuum pump/silicone lid not removed before heating.	Do not overfill inner pots. Ensure the lid is securely closed. Always remove the vacuum pump and silicone lid before heating.
Error message on display.	Internal malfunction or sensor issue.	Unplug the unit, wait a few minutes, then plug it back in. If the error persists, contact customer service.

## SPECIFICATIONS

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- **Model:** DFH-B20J1
- **Brand:** Bar
- **Color:** Blue
- **Material:** Plastic (outer), 304 Stainless Steel (inner pots)
- **Capacity:** 2 Liters (total), includes 1L, 0.75L, 0.25L inner pots
- **Product Dimensions:** 7.09"L x 6.46"W x 9.41"H
- **Item Weight:** 6.43 pounds (approx. 2.92 kg)
- **Special Features:** Pre-Set & Timer, Keep Warm, Noodle Cooker, Hot Pot
- **Power:** 600W
- **UPC:** 743388205116, 743388205154

## WARRANTY AND SUPPORT

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Your Bear DFH-B20J1 Smart Self Heated Lunch Box comes with a **1-year friendly customer service warranty**. If you encounter any issues, have questions, or if any parts are missing, please contact our customer service for assistance and replacement. Refer to the contact information provided in the included user manual or on the official Bar website.