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> [FORABEST Electric Lunch Box & Portable Oven Food Warmer FB-2001 Instruction Manual](#)

FORABEST FB-2001

FORABEST Electric Lunch Box & Portable Oven Food Warmer

Model: FB-2001

INTRODUCTION

This manual provides instructions for the safe and efficient use of your FORABEST Electric Lunch Box & Portable Oven Food Warmer, Model FB-2001. This device is designed to heat meals using an 80W heating element, compatible with 12V/24V DC power sources (car/truck) and 110V/220V AC power sources (home/office). Please read all instructions carefully before first use and retain this manual for future reference.

IMPORTANT SAFETY INSTRUCTIONS

- **Electrical Safety:** Always use the correct power cord for the intended voltage (12V/24V for vehicles, 110V/220V for wall outlets). Ensure the power source matches the cord's specifications.
- **Water and Cleaning:** **DO NOT wash or immerse the heating base or the outer box of the lunch box in water.** This can cause electrical shock or damage the device. Clean only by wiping with a damp cloth.
- **Heat-Safe Containers:** Always use heat-safe containers made of glass, stainless steel, ceramic, foil, or PP5-grade plastic. The device is designed to accommodate containers up to 7 quarts (6L).
- **Hot Surfaces:** The heating plate and food container will become very hot during and after operation. Use caution when handling to prevent burns. Allow the device and food to cool before touching directly.
- **Food Temperature:** Food can reach high temperatures. Exercise caution when opening containers and consuming heated food to avoid steam burns or mouth burns.
- **Unplug When Not in Use:** Always unplug the device from the power source when not in use or before cleaning.
- **Ventilation:** Ensure adequate ventilation around the device during operation. Do not cover the heating plate or obstruct airflow.
- **Children and Pets:** Keep the device out of reach of children and pets.

PACKAGE CONTENTS

Verify that all items are present in the package:

- 80W Heating Plate
- Insulated Carry Bag
- Stainless Steel Utensils (Fork, Spoon, Knife)
- 12V/24V Car/Truck Power Cord (47 inches)

- 110V/220V Home/Office Power Cord (47 inches)

ALL-IN-ONE PORTABLE MEAL KIT

Includes insulated carry bag, utensil set, extra container & dual cables – everything you need.



Image: All components included in the FORABEST Electric Lunch Box kit.

PRODUCT FEATURES

- **Fast Heating:** 80W conduction heating element warms meals efficiently.
- **Dual Voltage Compatibility:** Operates with 12V/24V DC (car/truck) and 110V/220V AC (home/office) power sources.
- **Large Capacity:** Accommodates heat-safe containers up to 7 quarts (6 liters).
- **Insulated Carry Bag:** Durable bag with shoulder strap and handle clip helps maintain food temperature and protects the device.
- **Stainless Steel Utensils:** Full-size fork, spoon, and knife included for convenience.
- **PTC Heating Element:** Designed to prevent overheating and ensure even warming.
- **Aluminum Heating Plate:** Rust-proof, food-grade, and easy to clean.

ALUMINUM HEATING PLATE

Chosen for its food safety and durability. It's rust-resistant, easy to clean, and keeps your food flavors pure (no metal aftertaste or staining).



Image: The aluminum heating plate, designed for durability and easy cleaning.

SETUP

- 1. Prepare Your Meal:** Place your cooked or leftover food into a heat-safe container. Ensure the container has a lid to retain moisture and heat. The device accommodates containers up to 7 quarts (6L).
- 2. Place Container on Heating Plate:** Open the insulated carry bag and place the heating plate inside. Position your food container directly on the heating plate.
- 3. Select Power Cord:** Choose the appropriate power cord for your environment:
 - For car or truck use (12V/24V DC), use the car adapter cord.
 - For home or office use (110V/220V AC), use the wall outlet cord.
- 4. Connect Power Cord:** Plug the chosen power cord into the heating plate's input port.



Image: Visual guide for adding food, plugging in, and eating.

OPERATING INSTRUCTIONS

1. **Power On:** Plug the selected power cord into the appropriate power outlet (car socket or wall outlet). The indicator light on the heating plate will illuminate, indicating that heating has begun.
2. **Heating Time:** Heating times vary depending on the food type, quantity, and initial temperature. Generally, meals can be warmed and ready in approximately 20 minutes to 2 hours.
 - For pre-cooked meals, heating typically takes 20-45 minutes.
 - For cooking certain raw foods or heating from frozen, it may take up to 2 hours.
3. **Moisture Retention:** To prevent food from drying out, especially for dry dishes, add a small amount of water or broth to the container before heating.
4. **Check Food Temperature:** Periodically check the food's temperature to ensure it reaches your desired warmth. Be cautious as the container and food will be hot.
5. **Serving:** Once heated, carefully remove the food container from the heating plate using oven mitts or a towel. Unplug the device.

WARM & READY IN 20 MINUTES

80W heating element **evenly warms your food** without drying it out
– no microwave needed.



Image: The heating process, illustrating gentle and efficient warming.

ELECTRIC HEATED PORTABLE LUNCH BOX

Enjoy warm homemade meals on-the-go. Simply plug in at work, in your car or truck.



Tip: add a bit of water to dry food

Image: Demonstrating dual voltage use in both home/office and vehicle settings.

CLEANING AND MAINTENANCE

- **Heating Plate:** After each use, ensure the heating plate is unplugged and completely cooled. Wipe the surface with a damp cloth. Do not use abrasive cleaners or immerse in water.
- **Insulated Carry Bag:** The carry bag can be wiped clean with a damp cloth. Do not machine wash or tumble dry.
- **Utensils:** The included stainless steel utensils are dishwasher safe. Wash them thoroughly after each use.
- **Storage:** Store the lunch box and its components in a clean, dry place when not in use.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device not heating	Not plugged in correctly; incorrect power cord used; power outlet issue.	Ensure the power cord is securely plugged into both the heating plate and the power source. Verify you are using the correct cord (AC for wall, DC for vehicle). Test the power outlet with another device.

Problem	Possible Cause	Solution
Food is too hot or burning	Excessive heating time; container not suitable for high heat; food type.	Reduce heating time. Monitor food temperature. Ensure your container is heat-safe and can withstand the heating process. For delicate foods, consider shorter heating intervals.
Food is drying out	Lack of moisture; prolonged heating.	Add a small amount of water or broth to the food container before heating. Reduce heating time once desired temperature is reached. Ensure container lid is properly sealed.
Indicator light not on	No power connection.	Check all power connections. Ensure the power source is active.

SPECIFICATIONS

Model Number	FB-2001
Brand	FORABEST
Power	80W
Voltage	12V/24V DC & 110V/220V AC
Capacity	Up to 7 Quarts (6 Liters)
Product Dimensions	7.87"L x 5.51"W (Heating Plate)
Item Weight	2.03 pounds
Material	Nylon (Bag), Aluminum (Heating Plate), Stainless Steel (Utensils)
Included Components	Heating Plate, Insulated Carry Bag, Stainless Steel Utensils, 12V/24V Cord, 110V/220V Cord

WARRANTY AND SUPPORT

For warranty information, technical support, or any questions regarding your FORABEST Electric Lunch Box & Portable Oven Food Warmer, please contact FORABEST customer service. Refer to the product packaging or the official FORABEST website for contact details.