

# Hoods built out of plastic boxes

Example of a hood built out of a plastic box at very low cost

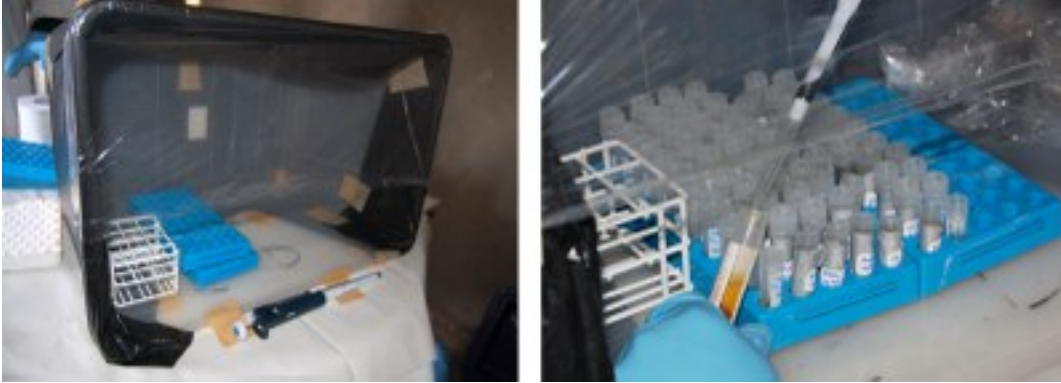


A simple storage box is positioned on its side. A plexi-glass cover was installed to cover the top half of the box to reduce the size of the opening. At the end of each day, the box can be easily cleaned with alcohol and stored with the lid closed to keep clean.



### An even simpler example of a hood

A simple storage box is positioned on its side. Each day fresh cellophane foil is wrapped around the top half of the opening. At the end of each day, the box can be cleaned with alcohol and stored with the lid closed to keep clean.



Please note: Because other light-sensitive biomarkers were included in this survey, the box was wrapped with a dark cover to protect the blood samples from light. This is not necessary for many nutritional biomarkers including zinc.