

TIMEC Documentation

Getting started

Version 1.0

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No AI was used in the production of this document.

TIMeC – GETTING STARTED

A Guide to Exploring Clean Cooking Transitions

1. GETTING STARTED

Before You Begin:

- ❖ Ensure you can open Microsoft Excel with macros enabled.
- ❖ Download the tool from the [official site](#).
- ❖ Open the file and enable macros when prompted.
 - When opening, click "Enable Content" in the yellow security bar at the top.
 - If macros are still blocked, go to File → Options → Trust Centre → Trust Centre Settings and add the file location to the Trusted Locations tab.

2. UNDERSTANDING THE INTERFACE

Key inputs dashboard:

- ❖ This is your main control panel, containing the fundamental problem descriptions.
- ❖ Show segments by clicking the “Show details” buttons, and then use the entry boxes and slider controls to set your own parameters.
- ❖ Use the links to navigate to the detailed input sheets where required

Detailed input sheets (optional):

- ❖ For more control and understanding, explore the detailed sheets which expand on the primary inputs.

Live visualisations:

- ❖ Located on the key inputs dashboard, use the dropdown menu to switch between outputs.
- ❖ Results update in real time as you modify the inputs.
- ❖ Copy and paste graphics onto the detailed sheets where required (they can be replaced!)

3. ENTERING INPUTS

Input fields are colour coded:

	Formula-based calculations (locked cells).
	Affects both current & proposed scenarios.
	Only impacts the current cooking landscape.
	Only impacts the proposed cooking landscape.
	Disabled fields (not included based on user selections).

Tips for use:

- ❖ *Start with default settings and modify variables one at a time to see their impact.*
- ❖ *Align your most important visualisations with the inputs you are adjusting.*
- ❖ *If confused, hide unused variables to simplify the interface.*
- ❖ *Try saving multiple copies of the tool to represent different regions or scenarios.*

To learn more, refer to the Back End User Manual for a breakdown of calculations and assumptions.