



# Easy Beeswax Wraps - Instructions

## You'll need:

- Washed cotton fabric
- Block of beeswax (you'll need about 15g per wrap)
- Cheese grater
- A few sheets of greaseproof/baking paper
- Iron
- Old towel or blanket that you don't mind getting waxy

## Method:

1. Cut your clean cotton fabric into squares, rectangles or circles to suit your purpose (tip: measure the plates or containers, or sandwiches that you will use your wax wraps for covering). You can use pinking shear scissors for a zigzag edging, but straight edges are also fine.
2. Grate the beeswax. You'll need about a handful per wrap.
3. Lay your towel over the ironing board and turn the iron on to medium heat.
4. Place a couple of sheets of greaseproof paper side by side on the towel. The paper needs to extend about 5 centimetres beyond the edge of the fabric on all sides to catch excess wax as it melts.
5. Lay one piece of cotton on top of the greaseproof paper.
6. Sprinkle your grated beeswax evenly over the cotton, going right up to about 5mm from the edges. If you go much closer you'll end up with a waxy iron!
7. Place two more sheets of greaseproof paper on top of the wax and cotton. Iron slowly over the top, holding the paper in place as you go, starting from the centre and ironing outwards to the edges. You'll see the wax spreading over the fabric as it melts, and you can spread the wax around to cover the fabric completely.
8. Peel back the paper to check that the wax is evenly melted. You may need to sprinkle on a little more wax for even coverage and then replace the paper and iron again.
9. Careful, it's hot! Peel off the paper, then the wax infused cotton, and let it cool by hanging it over the back of a chair or on a clothes horse.

You're done!

### **How do I use my beeswax wraps?**

Use them as replacements for plastic wrap. They can be used to wrap low risk food that doesn't need refrigeration and not commonly associated with food poisoning. For example, biscuits, fruit, muffins and muesli bars.

Avoid using beeswax wraps for potentially hazardous food that has to be kept at certain temperatures to minimise the growth of any pathogenic microorganisms. For example, meat, poultry, eggs, dairy, seafood, salads, rice and pasta.

### **Cleaning your beeswax wrap**

Wipe your wraps after each use with warm water and a mild kitchen detergent, then air dry.

### **What happens if the wax wears away?**

If you notice that the wax is wearing away after a few months you can set up your iron, towel and greaseproof paper again, sprinkle on some more wax and repeat the ironing process.

Because your wraps are made from natural cotton and wax, you can put them in the compost bin once they have worn out.

### **Where do I purchase beeswax?**

Look up your local honey producer or ask at a bulk/health food shop for blocks of filtered beeswax.

Beeswax can often be purchased in 30g bars (around \$1.50 each) or larger blocks (around \$30kg).

A little bit goes a long way, so get some friends together and have a wrap making session!