

**A5 handout format – print 2 sided on short side, and fold down centre.**

## **DIY basic form reusable beeswax Food Wrap**

taken from :

<https://www.diynatural.com/reusable-food-wrap-plastic-alternative/>

### **Why ?**

- *Reusable food wrap is a more sustainable option, preventing toxic plastics from having to be produced.*
- *It can be washed and reused many times, creating less waste.*
- *It's healthier for you to wrap your food in this beeswax fabric rather than having plastic wrapped around your food.*
- *Beeswax is water repellent, also has natural antibacterial properties*
- *You'll save money if you use reusable food wrap instead of purchasing commercial food wrap.*

### **Things you'll need:-**

- \* cotton material
- \* pinking shears
- \* parchment paper (large roll, 15" wide, works best)
- \* beeswax beads or pellets, find them online from LiveMoor– (*Yellow beads will discolor light fabrics, but are more unrefined and probably healthier to use. You can also use grated beeswax with great results. Ensure beeswax you use is pure beeswax, fit for human consumption.*)
- \* iron
- \* large cutting board (or other flat surface covered with newspaper or towel)

### **Step 1**

Wash and dry fabric. Using pinking shears to reduce fraying, cut several squares from your cotton material. Sizes to fit what you'd like to cover.

### **Step 2**

Choose a large flat work surface and make sure to cover it with something that can withstand heat. Old towels are good. Tear off two equally-sized sheets of parchment paper, both bigger than your largest pre-cut cloth square.

### **Step 3**

Place one pre-cut cloth square on top of the parchment paper. Sprinkle beeswax beads evenly over cloth square, making sure to cover all the way to edges.

### **Step 4**

Place second sheet of parchment paper over the top. With a medium hot iron (you can increase heat if you find you need to), gently iron over the top of the parchment paper, going back and forth a few times. (You may want to make a mark on the underside of your top sheet of parchment paper – the side that comes into contact with the wax. This will prevent you from ironing on the waxy side and getting gunk on your iron.)

### **Step 5**

Remove the top sheet of parchment paper and inspect your work. Areas that did not get enough beeswax will be lighter in colour. Simply sprinkle a small amount of wax on those areas, cover with parchment paper, and iron again. If your cloth has too much wax on it, you can put another piece of fabric on top, place parchment over both of them, and iron gently. The top piece of fabric will soak up some of the wax. Note: Having too much wax is better than not having enough. Using too little wax will allow your food wrap to leak when wrapping juicy foods.

### **Step 6**

Carefully remove the hot fabric from your work surface and hang to dry. Fabric will stiffen as it dries.

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Go ahead and use your new reusable food wrap once it is cooled and dry! You can cover pans/casserole dishes with it, or wrap your food tightly in it.

As an added bonus, when you wrap food for school lunches or picnics, this beeswax food wrap doubles as a placemat! Then family members can simply fold it up into a tight square and return it home to be washed and reused.

### **Caring for your reusable food wrap & other considerations**

After use, hand wash your food wrap with cool water and mild dish soap. Avoid using hot water so the wax doesn't melt. Allow to air dry on a dish rack. Smooth flat with your hands and store.

You can add more wax (using the above method) once your food wrap is looking worn out and is no longer keeping its shape.

### **NOTE**

This form of food wrap is not completely waterproof or airtight. It does a wonderful job covering casseroles and baked goodies, or wrapping items such as cheese, veggies, sandwiches, cookies, and many other food items. It is not meant for extremely wet or juicy foods, as there will be some leakage in these cases.

It is also not suitable to be used with meat or fish.

It works best for short term food storage (less than a few days) and for packing lunches. Because it's somewhat breathable, your food will not retain moisture if used for long term storage.