

MAKE YOUR OWN

BEESWAX SANDWICH WRAPS

Beeswax wraps are a great way to replace cling film for wrap sandwiches and snacks for school lunches or covering food in the fridge. They can be expensive to buy so making your own reusable wraps is a useful, fun activity or to do in class or at home.

Making beeswax wraps with students can get messy, so we have a practice run first and plenty of adult helpers on the day. Beeswax tends to stick to everything, so cover working surfaces with old towels or newspapers. Having designated items such as an iron, grater or electric frypan specifically for making beeswax wraps is another popular idea. Some groups set up 'beeswax wrap making kits' that can be shared between schools, councils and community groups.

This guide shares two ways to make the wraps, using an iron or an electric frypan - both require heat to melt the beeswax, so supervision is essential. Many schools invite parents and guardians to help supervise - printing out these instructions helps everyone on the day.

Beeswax can be purchased from local beekeepers, markets, health food stores or online. The fabric doesn't need to be new, just clean. Some schools invite students to bring their own piece of fabric and others use second hand doona/comforter covers or other fabric remnants. 100% cotton is preferable. A 30cm square is an ideal size and perfect for wrapping sandwiches.

To clean, wipe down with mild soapy cold water and air dry before folding flat. If wraps start to lose stickiness or noticeable folds appear, refresh by ironing each wrap between two sheets of baking paper.

You will need:

- 30cm square of cotton fabric
- Fabric scissors or pinking shears
- Baking paper
- Old towel or baking tray

plus ...

Method 1 - Ironing

- ½ cup grated beeswax per wrap
- Iron
- Aluminium foil (to protect iron)

Method 2 - Electric frypan

- Block of beeswax, 20g per wrap
- Pastry brush
- Electric frypan



Ironing method

(uses grated beeswax)

1. Cover table with old towels or sheets of newspaper
2. Place cotton square flat on a sheet of baking paper
3. Sprinkle ½ cup of grated beeswax evenly on fabric (leaving a finger width of space around the edges)
4. Cover with a second sheet of baking paper
5. Use iron on low heat to melt and spread the wax across the cotton square. If there are gaps, sprinkle on a little more wax and melt with the iron.
6. Carefully remove the fabric from the baking paper and hang to dry.



Electric frypan method

(uses a beeswax block)

1. Cover table with old towels or sheets of newspaper
2. Heat electric frypan on low.
3. Melt approximately 20g beeswax by rubbing the block over the frypan.
4. Gently lay the fabric into the bottom of the frypan, use the brush to cover evenly (adults melt the wax and move the fabric if needed, students use the brush to spread the wax)
5. If there are gaps, add a little more wax to the pan and spread with the brush.
6. Carefully remove the fabric from the frypan and hang to dry.

