Beeswax Wraps

Every time you use a beeswax wrap instead of plastic you reduce the amount of plastic in our oceans, landfills, and even our bodies!

Beeswax wraps are *very* simple to make and require few supplies. Beeswax wrap, or beeswrap, is a sustainable food wrap that can be reused over and over for about a year. It's breathable and keeps food fresh for longer. Beeswax wrap is heat-activated—you can shape it around food or a bowl by heating the wrap with your hands, which softens the beeswax and creates a seal.

This kit includes supplies to make two wraps, and is intended to instruct you on how simple it is to replace plastic with renewable, Earth-friendly choices! This kit makes two basic beeswax wraps. For future wraps you make for yourself, you can add a little jojoba (or coconut oil) and pine resin to make your wraps stickier so they adhere to containers better! (Recipe at the end of these instructions).

Supplies Included: 2 pre-washed fabric pieces (1 L-XL & 1 S-M, or 2 M-L), organic beeswax for both fabric pieves, & 1 sheet of parchment paper (you will need a second sheet if you intend to use an iron)

Not Included: Cookie sheet or iron, wire hanger, clothespins, string

There are two ways that you could make these wraps. I have included both instructions.

USING A COOKIE SHEET

1. Preheat the oven to 150-200 degrees.

2. On a cookie sheet, place the parchment paper. (If you don't have a cookie sheet to fit the piece of fabric, you can cut down to make it fit.)

3. Place one fabric piece on the parchment paper. (Leave a border of at least 2 inches so the wax can spread.) 4. Sprinkle beeswax pellets onto the fabric piece. (2 tablespoons of pellets on a 13-inch square piece of fabric, and it was enough. If you have smaller, use a little less.)

5. Place in oven until the wax melts. (This should take about 4 minutes or so.)

6. Take out of the oven.

7. If you see fabric that was missed add a few more pellets and place it back in the oven. Easy peasy.

8. Don't pull your DIY beeswax wrap off the parchment until it has had at least a minute to cool. If you pull it right away, you will burn your fingertips off. (Don't ask me how I know...)

9. Pull your wrap off and hang by one corner using a clothespin and hanger or string until the wax hardens again. It will not drip—no worries! Or, pull off and leave on a flat, clean surface until hardened.

10. Your wrap is ready to use!

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USING AN IRON

1. Set up an old towel on a large flat surface. (TIP: In case the wax gets on the flat surface, do not use a surface like an ironing board or other materials you don't want messed up.)

2. Place 2 parchment paper on old towel overlapping

3. Place fabric on parchment paper. (Give yourself a border of at least 3 inches all around of parchment, or you will seep wax out onto your iron.)

4. Sprinkle the beeswax pellets onto the fabric piece. (2 tablespoons of pellets on a 13-inch square piece of fabric, and it was enough. Save a little in case you missed a spot.)

5. Place additional parchment paper on top of the fabric to sandwich the fabric piece between the parchment paper.

6. Set your iron for linen, and when it is hot pass it over the parchment paper. The wax below will start to melt. Keep moving the iron and do not let it stay in the same place for too long.

7. As the wax melts, you can push it around with the pressure from the iron. Started in the center and pushed outward to make sure that the corners and the edges had enough wax.

8. If you pull back your parchment and see fabric that was missed add a few more pellets and run the iron over it again. Easy peasy.

9. Don't pull your DIY beeswax wrap off the parchment until it has had at least a minute to cool. If you pull it right away, you will burn your fingertips off. (Don't ask me how I know...)

Some safety tips:

It is very important that you do not get wax on your iron. Make sure your parchment covers your fabric very well.

Beeswax *is* combustible and will start to smoke (and eventually ignite) if it gets too hot, so if you stick it in the oven and then get sidetracked, your fire alarm will remind you (don't ask me how I know...).

If you use an iron and wax gets on your iron, wipe it several times with a towel.

The wax does get hot enough to stick to your skin and burn! Do tap to check if it's cool enough before you try and pick it up to hang.

SO HOW DO YOU USE THEM?

These beeswax wraps work great to make covers for anything, or as a wrap for dry foods like cheese, or sandwiches. The best things to use them with are dry or hard foods with little moisture.

It's important to note that beeswax wrap can't be used for raw meat, raw fish or wet food items like cut melons. However, you can toss these in a bowl and then put beeswax wrap over the top (but make sure the food doesn't touch it!).

You can make beeswax wraps that are long to cover fresh bread loaves, use them in place of plastic sandwich bags or Ziploc bags, and even fold or sew them into little pouches to use as a snack pack for trail mix!

Care of your Beeswax wrap

Simply wipe your wrap with warm (not hot!) soapy water and rinse, then hang dry. After your wrap starts to look crackled, or gets limp, you can revive it! Simply pop it into the oven @ 200 degrees until the wax remelts and wah-lah- and brand-new wrap!

Your wraps, after 1 or 2 years, will eventually need discarded. Don't throw it in the trash! They are fully compostable, so chuck it in your compost bin!

Don't have a compost bin? Remember, beeswax will ignite! Use your discarded wrap to start your next campfire or bonfire!

Making Your Own Wraps Later

There are only three basic rules to beeswax wraps:

1. **Always** use 100% natural fabric (cotton, hemp, or linen). Synthetic fabrics contain microplastics, and you are trying to avoid those!
2. **Use low heat only.** Oven or iron temperatures that are too high will cause your beeswax to smoke and possibly even ignite.
3. Clean **only** with mild soap and warm water.

Some great items to upcycle into beeswax wraps are:

- Old T-shirts or other clothing
- Old sheets or pillowcases
- Old curtains
- Old towels

Beeswax Wraps with Pine Resin

What's the difference between the beeswax-only wraps those with pine resin? Food wraps with pine resin and jojoba oil is more pliable and self-adhering.

The jojoba/coconut oil softens the wax and prevents creasing. The pine resin, a sticky substance in itself, helps the wraps cling better. As a bonus, the pine resin and both oils are also anti-microbial!

Materials:

- 1/4 cup beeswax pellets
- 2 tbls pine resin (a finely-powdered melts better)
- 2 tbls jojoba/coconut oil
- Newspaper (to lay under your cotton): this can get messy!
- An old brush (paintbrush, BBQ brush, etc.)

Instructions:

- Using a double boiler or an old pot, gently heat/melt your oil on low.
- When hot, add your pine resin and stir until melted and blended into the oil.
- Add your beeswax and stir/melt in.
- Working fast, use your brush to apply your melted mixture evenly across your fabric. If it gets too thick from cooling/hardening, just turn on the heat and warm it up a little again!
- Once covered, hang to dry or move to a clean sheet of parchment to dry.

*If you have extra wax mix left, don't think you need to throw it away! Pour it into a candy mold or ice cube tray, let it harden, and then put it up for a later wrap refresh or new wrap(s)!