WAX FOOD WRAPS

* 50grams of bees or soy wax
* Cotton fabric
* Baking paper
* Iron - make sure an adult is helping

Materials!

Cut your fabric

Sprinkle wax all over

Baking paper on top

Step 1

Find a fabric you like, make sure it is 100% cotton, and cut it into a 30x30cm square or a circle the size of a dinner plate. Turn the iron to the wool setting – it doesn't need to be too hot.

Step 2

Put an old towel down on a bench or table – but check with an adult first! The ironing board may be too narrow for this job because the wax will spread as it melts and you don't want a waxy mess everywhere.

Step 3

Put a piece of baking paper on the towel, shiny side up and bigger than your fabric piece. Lay your fabric on the paper and sprinkle your wax all over it – it should be evenly covered but not overflowing.

Step 4

Put a piece of baking paper on top, shiny side down. Your fabric should be completely covered by the paper.

Step 5

Carefully iron the paper and you will see the wax melting and spreading across the fabric. Try really hard to not have wax ooze out from the paper and get on the iron.

Step 6

Once the wax has melted and covered all the fabric peel the paper off the top – it might be hot so be really careful – you can wait a minute for it to cool down. Peel the paper from the bottom too. Hang your fabric up to dry.

Step 7

Use your wax wrap to keep food covered, wrap a piece of fruit to keep it safe in your lunchbox, wrap leftover dinner in the fridge… It might seem a bit stiff at first but as you hold the wrap, heat from your hands will help it to soften and you can fold it across whatever you are wrapping.

Carefully iron

After each use you should rinse your wrap under cold water.

Your own wax food wrap!