

HOW TO MAKE A WHEAT BAG

Here are some ideas how to make your own wheat bag.

Design

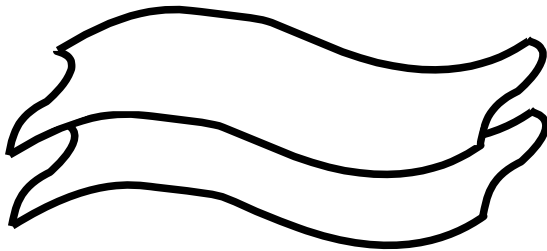
Choose a fabric that contains only natural fiber and consider you will use the wheat bag in the microwave oven. At The Australian Wheatbag Store we use hemp because it's strong and does not use a lot of water to grow like cotton does and works well when heated (or cooled).



1 Cut the fabric to size.

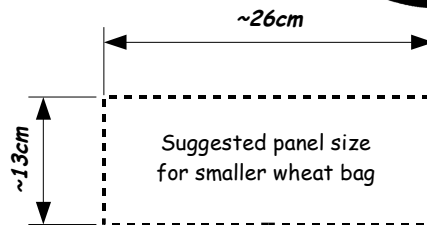
You will need 2 panels of equal size.

When choosing the dimensions remember that:



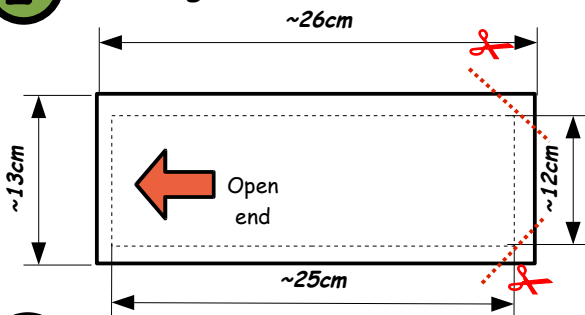
Lay the two panels one over the other

NOTE: These dimensions include .5cm for seam allowance on each side.



- The larger the wheat bag, the longer it will keep heat, but also, the longer it will take to warm up. Also think about fitting it in the microwave oven.
- Small wheat bags do not keep heat very well for very long.
- Large wheat bags may be very floppy and awkward to use.

2 Sew together and cut corners.



Sew together the two panels on three sides leaving one short side open. Cut the corners as shown, taking care not to cut the seam. This is so that the bag looks good when reversed.

3 Fill and close.



Fill until the wheat bag is not too firm nor too floppy!

Once filled, close the wheat bag using a small stitch to keep the wheat inside.

The best filling material to use is wheat. At the Australian Wheatbag Store we use food grade, organic wheat because it is clean, healthy and contains no added chemicals. You may buy it at a health food store for about \$A 7.00/kg. You will need about 700g for the suggested dimensions. Other grains (such as feed grain) are cheaper but may contain impurities such as dust, dead insects, gravel and sharp husks. Other filling material such as rice, cherry pips, barley and buckwheat can also be used, but wheat has the best 'specific heat' attribute, so we recommend the wheat.

4 Use!

Congratulations, you have just made a wheat bag! Please bear in mind, that like many other items, a wheat bag when used incorrectly may cause injury or may combust. We at the Australian Wheatbag Store can not tell you exactly how to heat your wheat bag as you are its designer and creator. However you can read instructions for our wheatbags here: www.theaustralianwheatbagstore.com.au/heating_instructions.html

When you need a range of quality, designer wheat bags made with organic materials, our very own exclusive hand printed fabric patterns and refreshing scents we invite you to shop at our store at www.theaustralianwheatbagstore.com.au