

# HOW TO MAKE A WHEAT BAG

In 4 easy steps

## You need

Sewing machine (or sewing needle), thread, 2X26cmx13cm fabrics, pins, scissors, 700g food grade whole wheat.

## Design

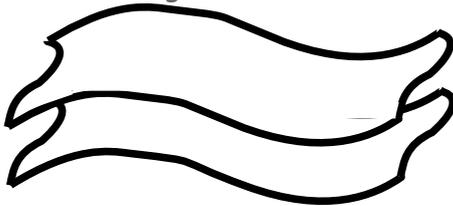
Choose a fabric that contains only natural fibers and consider you will use the wheat bag in the microwave oven. At The Australian Wheatbag Store we use hemp because it's strong and does not use a lot of water to grow like cotton does and works well when heated (or cooled).



### 1 Cut the fabric to size.

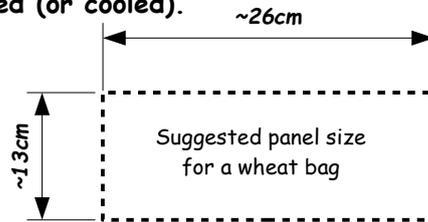
You will need 2 panels of equal size.

When choosing the dimensions remember that:



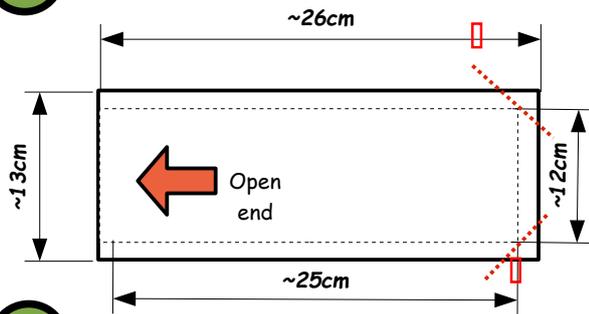
Lay the two panels one over the other, right sides (the ones you want to show) facing each other.

NOTE: These dimensions include 0.5cm 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 corners can look sharp when you turn right side out. Poke with a pin if necessary after turning.

### 3 Fill and close.



Fill until the wheat bag is not too firm nor too floppy. Around 700 grams for this shape

Once filled, close the wheat bag by folding the open end in about 0.5cm, pin securely and sew close. Trim the threads.

### 4 Use!

Congratulations, you have just made a wheat bag! Please bear in mind that a wheat bag, like anything used incorrectly, may cause injury. We can not tell you exactly how to heat your wheat bag as you are its creator. We strongly recommend re-hydrating the wheat bag by splashing a bit of water on it prior to microwaving. Find our heating and cooling instructions here: [Click here for our heating instructions.](#)

Here is one we make: <https://www.theaustralianwheatbagstore.com.au/product-recs.php>

Do not have the time to make a wheat bag? Need the best wheat bag in Australia?

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