

## READ CAREFULLY BEFORE USE

### HEATING in the microwave/oven

|             |           |   |
|-------------|-----------|---|
| <b>Mini</b> | Microwave | 1 minute at 600 watts + if necessary, 15 sec intervals to reach desired temperature * |
|             | Oven      | 10 minutes at 100 degrees   |
| <b>Midi</b> | Microwave | 1 minute at 600 watts + if necessary, 15 sec intervals to reach desired temperature * |
|             | Oven      | 10 minutes at 100 degrees   |
| <b>Maxi</b> | Microwave | 1 minute at 600 watts + if necessary, 15 sec intervals to reach desired temperature * |
|             | Oven      | 10 minutes at 100 degrees   |

- For a microwave with a metal grille, heat the wheat bag on a plate that is suitable for use in a microwave.
- For a microwave without a turntable, shake the wheat bag after every minute to prevent overheating.
- Remove all food scraps from the microwave/oven and prevent scorch marks in the fabric.
- Sprinkle the wheat bag with a little water before heating to prevent dehydration.
- You can leave the washable cover on the wheat bag during heating.
- Should the wheat bag still be warm after use, shorten the heating time.

\* Depending on the type of microwave oven, scorch marks may occur in the event of extended heating time or a higher wattage

### COOLING in the freezer

- Put the wheat bag in a sealed plastic bag and then place in the freezer for at least 1.5 hours to ensure it reaches the correct temperature to act as a cold pack.
- The wheat bag can be left in the freezer with a washable cover for a longer period of time.
- Before use as a heat cushion, allow the wheat bag to come to room temperature before heating.

### BABY and BREASTFEEDING

- Use both cold and warm when breastfeeding.
- Make sure the wheat bag does not come into direct contact with the baby's skin.
- The wheat bag may continue to warm up slightly after being removed from the microwave/oven. Therefore, wait 1 minute before use. Check the temperature of the bag on the inside of your wrist to check it has not warmed up too much.

### NOTE

- When microwaving on a metal grille, always heat the wheat bag on a plate that is suitable for use in a microwave.
- The wheat bag may feel slightly damp and have a slight odour when used for the first time.
- Always remain in the vicinity during heating.
- The outer cover can be washed at 30 degrees.
- The inner cover containing the wheat cannot be washed.
- Do not use the heated wheat bag if you have symptoms of skin irritation or inflammation.
- For a longer lifespan, store the wheat bag in a cool, dry place and heat once every 2 months.

Penny's Bags is not liable for damage resulting from improper use of Penny's Bags wheat bags

## INSTRUCTIONS FOR USE

### Penny's bags Heating and cooling wheat bags



*Penny's bags*

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