



NO SEW DIY RICE HEATING PAD



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SUPPLIES:

• 1 SOCK

• 4-8 C RICE

STEPS:

1. Insert funnel at top of sock (see Pic 1).
2. Fill with rice, pausing periodically to push the rice down to create desired fullness (see Pic 2a and 2b).
3. Once it is to desired fullness, tie the top shut (see Pic 3a and 3b).

