Make an Herbal Heating Pad

South Windsor Library

Adults

Make an Herbal Heating Pad

Jan 6, 2025

$1-50

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Byline

Rachel Koladis, Adult Services Librarian, South Windsor (Conn.) Library

It's time to get cozy. Patrons are invited to craft an herbal heating pad and sip a warming tea blend to support winter health.

Advanced Planning

I began planning this program a few months prior. I collected and purchased remnants of fabrics on sale and used my personal sewing machine to stitch rectangles, leaving a hole of about a 2 -3 inch gap opening for filling.

Marketing

I began promoting this several months ahead of the program. I created a graphic on Canva and posted it on the library's website, our newsletter, Facebook, and Instagram and a printed flyer in the library. I also created an event on Constant Contact, where I send out weekly events

The program filled up almost immediately, and since there was a waitlist, I decided to offer a second date.

Budgeting

Purchased items:

- Ginger Root on Amazon: $15.31 for 1 pound
- Lavender on Amazon: $9 for 1/2 pound
- Peppermint on Amazon: $15 for 1 pound
- Cloves on Amazon: $4.39 for 2 ounces
- Mahatma Rice on Amazon $4.98 for 5 pounds
- Fabric- free (you could ask for donations from crafters or get remnants at a local fabric store)
- Needles: $3.99
- Embroidery thread: .90 cents

Day-of-event Activity

Supplies needed for the heating pad:

- Measuring Cups and/or funnels
- White rice (or other grain or bean)
- Assorted fragrant dried herbs (I used ginger, cloves, peppermint, lavender)
- Embroidery thread
- Needles

- Fabric to make squares ahead of time

The setup was minimal. Funnels, measuring cups, and spoons help pour herbs and rice into the fabric pouches. I was the only staff member.

Program Execution

During the program, I had attendees use a measuring cup or funnel to fill their chosen square halfway with white rice (though any other grain or bean could have been substituted). Then, they could add dried cloves, dried ginger, lavender flowers, peppermint, or a combination. They could also have used cinnamon chips, dried eucalyptus, dried rose petals, etc. I also had essential oils available if they wanted to add some extra fragrance.

To wrap up, I helped thread the needles and demonstrated how to close the gap with a simple stitch.

I had 32 people for the first program and have it booked again for another 30 attendees. It's very popular.

Advice

In the future, I might ask for fabric scraps from the community and consider what herbs I might wildcraft and dry myself.

Did you try this program at your library? Share your experience using this form.

Supporting Materials

Download this Program as a PDF

- Programming Librarian Facebook Group

Slideshow Images





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