
EARTH-FRIENDLY LUNCH SET



*Eat your lunch in “green” style with re-usable
snack bags, sandwich bags and napkins.*

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MATERIALS

(1/2) yard of 45" 100% cotton fabric
(1/2) yard of 45" food-safe PUL (Ultrex, Goretex, Procare)
1/2" wide x 25" long piece of velcro
8-1/2"x11" sheets of paper or cardstock for your patterns.
Coordinating thread, scissors, straight pins, and iron

DIRECTIONS

STEP ONE

Prepare your fabric for sewing. Wash, dry and press cotton.

STEP TWO

Using a sheet of paper or cardstock, cut out one 7"x7" square and one 4-1/2"x6" rectangle.

FIG 1
Fold the fabric
lengthwise



FIG 2

On at a time, and going from left to right, cut out your pieces on the fold.

STEP THREE

Fold your fabric in half lengthwise (FIG 1).

STEP FOUR

With the fold at the top, and going from left to right, cut three 7"x7" squares and two 4-1/2"x6" rectangles (FIG 2).

Repeat this for the PUL lining fabric.

STEP FIVE

There will be a rectangle of fabric left on the right hand side. Cut the edges to make it a clean rectangle, then cut on the fold to create two rectangles of fabric that will become the napkins.

STEP SIX

Cut three 5" strips of velcro and two 4" strips.

STEP SEVEN

When laid out you should have the following... (FIG 3)
Plus the two napkins rectangles (not shown.)



FIG 3

STEP EIGHT

Sew the napkins. Fold each edge in 1/4", then fold over another 1/4". Edge stitch around the perimeter to create your napkins. (FIG 4)



FIG 4

STEP NINE

Fold one of the large 7"x7" squares, right sides together. Pin, and then sew a 1/4" hem around two of the open edges, leaving one side open. (FIG 5-7)



FIG 5



FIG 6



FIG 7

STEP TEN

Turn the bag right-side-out and press flat. (FIG 8)



FIG 8

STEP ELEVEN

Repeat the pinning and sewing process with one of the 7"x7" lining pieces. (FIG 9-10)

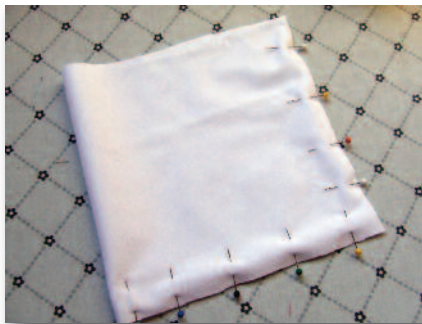


FIG 9

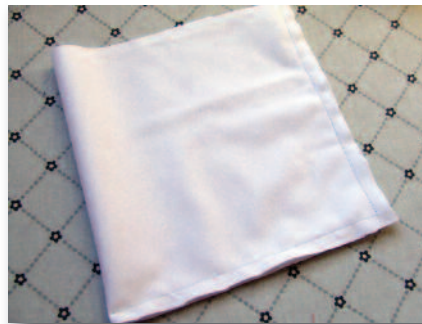


FIG 10

STEP TWELVE

Place the pressed cotton square inside the lining square, right sides together. (FIG 11-12)
Line up the top edges and pin around the top. (FIG 13)



FIG 11



FIG 12



FIG 13

STEP THIRTEEN

You're going to sew around the top of the bags, but will need to leave a 2-3" opening.
In order to remember to stop/start at the opening, I always place double pins at the front and back of the opening as a reminder. (FIG 14)

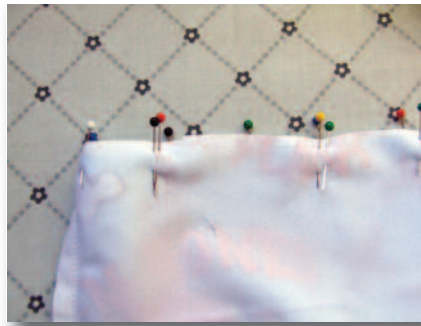


FIG 14

STEP FOURTEEN

Sew around the top, stopping and starting at double pins to leave the 2"-3" opening. (FIG 15)



FIG 15

STEP FIFTEEN

Pull the cotton right-side-out through the opening, and fold the lining to the inside. (FIG 16-18)



FIG 16



FIG 17



FIG 18

STEP SIXTEEN

Pin and edge stitch around the top of the bag. (FIG 19-20)



FIG 19



FIG 20

STEP SEVENTEEN

Folding the bag lining side out, pin one side of the 5" velcro to each side of the bag. (FIG 21-22)

Edge stitch around the top of each velcro strip. (FIG 23)

NOTE: You could certainly sew both the top and bottom of the velcro strips, but I've found it's really unnecessary and sewing only the top is strong enough.



FIG 21



FIG 22



FIG 23

STEP EIGHTEEN

Flip your bag right-side-out and press with a warm iron. (FIG 24)



FIG 24

STEP NINETEEN

Repeat the process with the two remaining 7"x7" squares and the two 4-1/2"x6" rectangles. The 4" velcro is for the two smaller bags.
You're done...go pack a lunch! (FIG 25)



FIG 25