

Gina Renee Designs

HELPING YOU CREATE CLOTHES THAT MAKE YOU FEEL GREAT
BY PROVIDING FASHIONABLE SEWING PATTERNS THAT FIT.

Reusable Napkins, Hankie, Produce Bag, Food Wrap & Baggies

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THIS IS A SEWING TUTORIAL WHICH MEANS THERE ARE NO ACTUAL PATTERNS GIVEN. THE TUTORIAL TELLS YOU EXACTLY WHAT DIMENSIONS TO CUT THE FABRIC PIECES.

EVERY PIECE IS A SQUARE OR A RECTANGLE, SO IT'S SUPER EASY FOR YOU TO CUT AND PREPARE THE ITEMS WITHOUT PHYSICAL PATTERNS.

AS WELL, SINCE THIS IS A TUTORIAL ABOUT ZERO WASTE, I THOUGHT IT'S NOT NECESSARY TO USE MORE PAPER :)

CHECKLIST



TOOLS:

- ~ SCISSORS OR ROTARY CUTTER/MAT
- ~ PINS OR WEIGHTS
- ~ IRON

SUPPLIES:

- ~ THREAD
- ~ FABRICS AS LISTED ON NEXT PAGE

ADDITIONAL ITEMS FOR PRODUCE BAG:

- ~ 1 YARD 1/8" WIDE RIBBON OR SMALL LIGHTWEIGHT DRAWCORD

ADDITIONAL ITEMS FOR BEES WAX BAGGIES & FOOD WRAPS:

- ~ CHEESE GRATER
(IF YOU BUY A BLOCK OF BEES WAX)
- ~ BEES WAX PELLETS/BLOCK
- ~ 1 1/2 YARDS OF STRING/ OR RIBBON
- ~ BAKING PAPER

Reusabe Napkins, Hankie, Produce Bag, Food Wrap & Baggies



FABRIC SUGGESTIONS AND QUANTITIES



PRODUCE BAGS

~ SELECT A THIN NETTING OR TRICOT. REMEMBER, THIS WILL BE WEIGHED WITH YOUR PRODUCE, SO YOU WANT SOMETHING LIGHT, BUT ROBUST.

~ YARDAGE NEEDED FOR MAIN FABRIC = 1/2 YARD GIVES 1 PRODUCE BAG ON ANY WIDTH FABRIC
(0.5METERS GIVES 1 PRODUCE BAG ON ANY WIDTH FABRIC)

YOU WILL HAVE SOME EXCESS YARDAGE HERE AND CAN ALWAYS MAKE A 2ND SMALLER SACK WITH THE LEFTOVERS.

~ 1 YARD (1 MTR) NEEDED OF A STRING FOR TIE CLOSURE.

FULL SIZE NAPKINS

~ SELECT A MID-HEAVY WEIGHT WOVEN COTTON. I USED A MIDWEIGHT CANVAS.

~ YARDAGE NEEDED FOR MAIN FABRIC = 1/2 YARD GIVES 3 NAPKINS ON 54-58" WIDE FABRIC
(0.5METERS GIVES 3 NAPKINS ON 137-147CM WIDE FABRIC)

SMALL EVERYDAY/ PARTY SIZE NAPKINS

~ SELECT A MID-HEAVY WEIGHT WOVEN COTTON. I USED A MIDWEIGHT CANVAS.

~ YARDAGE NEEDED FOR MAIN FABRIC = 1/4 YARD GIVES 6 NAPKINS ON 54-58" WIDE FABRIC
(0.25METERS GIVES 6 NAPKINS ON 137-147CM WIDE FABRIC)

HANKIE (HANDKERCHIEF)

~ SELECT A LIGHT WEIGHT, SOFT WOVEN COTTON.

~ YARDAGE NEEDED FOR MAIN FABRIC = 1/3 YARD GIVES 4 HANKIES ON 54-58" WIDE FABRIC
(0.3METERS GIVES 4 HANKIES ON 137-147CM WIDE FABRIC)

BEE WAX FOOD WRAP

~ SELECT A LIGHT WEIGHT WOVEN COTTON. I USED A QUILTING CALICO TYPE FABRIC.

TAKE NOTE, THAT IF YOUR BEE WAX IS SLIGHTLY YELLOW, YOUR FABRIC WILL TURN THIS COLOR. I USED A WHITE BASE FABRIC TO GET A CUTE YELLOW BASE. YOU MAY CHOOSE TO GO WITH DARKER COLORS SO THE YELLOW DOESN'T SHOW - IT'S UP TO YOU! YOU'RE THE DESIGNER!

~ YARDAGE NEEDED FOR MAIN FABRIC = 1/2 YARD GIVES 3 FOOD WRAPS ON 54-58" WIDE FABRIC
(0.3METERS GIVES 3 FOOD WRAPS ON 137-147CM WIDE FABRIC)

~ 1 1/2 YARDS (1.5 MTR) NEEDED OF A STRING FOR TIE CLOSURE.

BEE WAX FOOD BAGGIE (ENVELOPE CLOSURE)

~ SELECT A LIGHT WEIGHT WOVEN COTTON. I USED A QUILTING CALICO TYPE FABRIC.

TAKE NOTE, THAT IF YOUR BEE WAX IS SLIGHTLY YELLOW, YOUR FABRIC WILL TURN THIS COLOR. I USED A WHITE BASE FABRIC TO GET A CUTE YELLOW BASE. YOU MAY CHOOSE TO GO WITH DARKER COLORS SO THE YELLOW DOESN'T SHOW - IT'S UP TO YOU! YOU'RE THE DESIGNER!

~ YARDAGE NEEDED FOR MAIN FABRIC = 1/2 YARD GIVES 6 FOOD BAGGIES ON 54-58" WIDE FABRIC
(0.5METERS GIVES 6 FOOD BAGGIES ON 137-147CM WIDE FABRIC)

(OR) YOU CAN CUT YOUR BAGGIES ON THE CROSS GRAIN IF YOU DON'T MIND IF THE PATTERN SIDWAYS:

~ YARDAGE NEEDED FOR MAIN FABRIC = 1/4 YARD GIVES 3 FOOD BAGGIES ON 54-58" WIDE FABRIC
(0.25METERS GIVES 3 FOOD BAGGIES ON 137-147CM WIDE FABRIC)

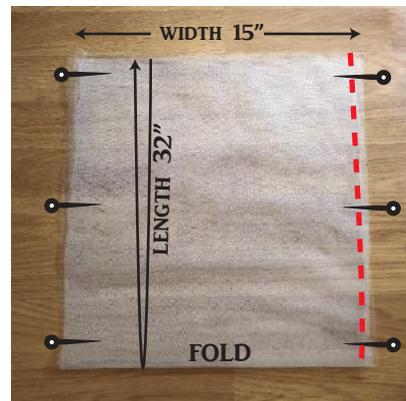
* IT IS SUGGESTED SELF FABRIC IS WASHED AND DRIED FIRST, SO THAT SHRINKAGE OCCURS PRIOR TO CUTTING. IF FABRIC IS WRINKLED AFTER WASHING, IT IS BEST TO IRON IT BEFORE CUTTING

~ NOTE THE "FACE" OF THE FABRIC IS THE FRONT SIDE OF MATERIAL. SOME FABRICS DO NOT HAVE A DIFFERENCE FOR THE FRONT AND BACK. MOST DO AND ARE VISIBLE.

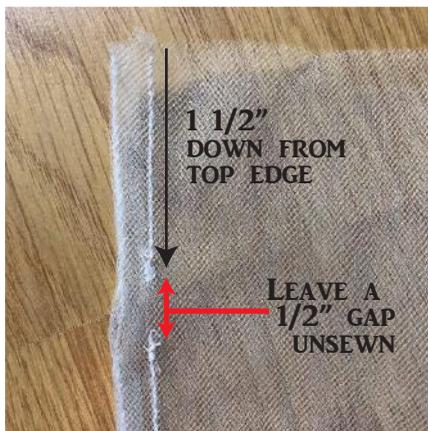
REUSABLE PRODUCE BAG



Step 1: Choose a thin, but robust fabric for your produce bag. You will want something light weight and hopefully sheer. You can use a tricot or netting. I used tulle because that's what I had, but I suggest a stronger netting. (I double layered my tulle to make it stronger.) To make one bag, Cut one piece out that is 32" x 15" (82cm x 31cm) rectangle.



Step 2: Fold the rectangle in half with back sides of fabric touching. Pin each side together. Using a small zigzag stitch, sew ONE side. This is the first step to a french seam. (My zigzag is set to 2 wide and 2 length. You want the stitch to stretch with the fabric as necessary.)



Step 3: Sew the other side, except leave a 1/2" (1cm) opening 1 1/2" (3cm) from the top edge. (This will be the opening for the drawcord later on)



Step 3: Trim the seam allowance down to 1/8". Then turn the bag inside-out so the seams are on the inner bag.



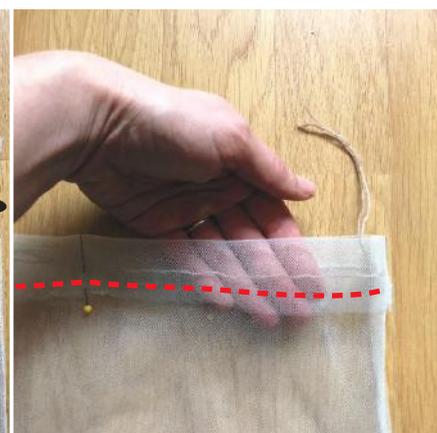
Step 4: This is called a french seam. You will pin the sides together again. Stitch again, sandwiching in the previous sewn seam. Leave the 1/2" opening again on the side with the gap (1 1/2" from the top edge)



Step 6: Be sure to back-tack well at the drawstring opening. (Back-tack means to go backwards and forwards to secure the stitching so it doesn't unravel.)



Step 7: With the item still inside-out, loop the drawcord around the entire circumference, then loop it through the holes towards the inside. Tie the ends of the drawcord together.



Step 8: Fold over the top edge 1" to encase the drawcord. Pin and sew the entire casing for drawcord. Be sure to not sew over the drawcord :) Waaaallaaa! You're finished! Have confidence that you are contributing to a more sustainable world!

REUSABLE CLOTH NAPKINS (TRADITIONAL CLOTH NAPKIN SIZE)



Step 1: Cut out a square 17" x 17" (43cm x 43cm).



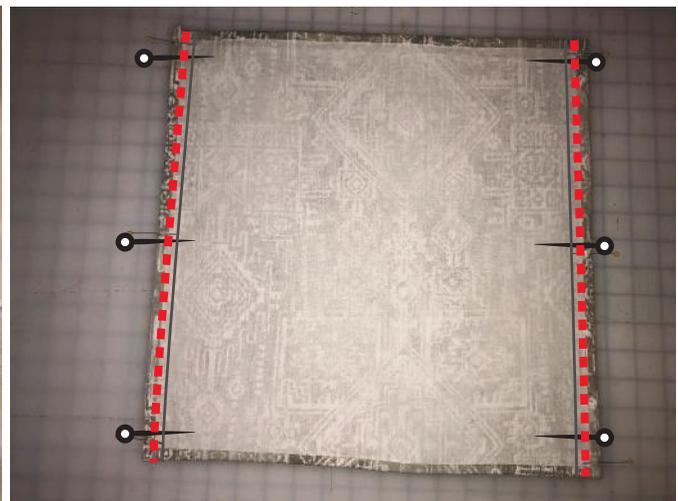
Step 2: Double fold $\frac{1}{4}$ " on two edges of the square and pin. You may choose to iron the double fold to allow it stay in place better for sewing. You may choose to finish your edges with the overlock/serger with a rolled hem. Please see the next page for how to set you machine to do this.



THIS IS A CLOSE UP IMAGE OF A DOUBLE FOLDED SEAM.
(IT'S JUST FOLDED TWICE :)

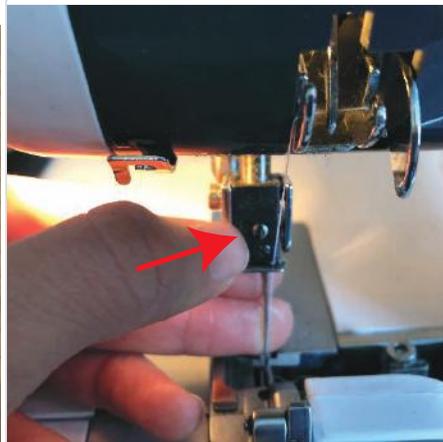


Step 3: Sew the double folded edges which you've just pinned.



Step 4: Double fold the remaining two edges, iron and pin in place. Then sew them. Waaalllaaaa! You're finished. Now that was super easy and you can be so happy you're contributing to a more sustainable world!

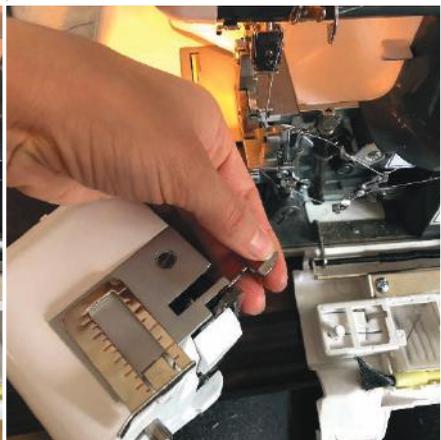
ROLLED HEM WITH A SERGER/OVERLOCK MACHINE



Step 1: Remove the left needle by unscrewing the top screw.



Step 2: Switch your stitch setting to the "R" This can be on the side or I've also seen it down by the seam allowance guide on some machines. As well, The stitch length should be set to the smallest distance, so your stitches are close together.



Step 4: Remove the Stitch Finger which is located near the needles. On my machine, the front opens up and this stitch finger slides off completely. If your machine doesn't do this, you will look for an arrow or something which can slide up/down to disengage it or it could totally be removed by sliding. Check your manual if you're unsure how to do this.

Step 6: Try changing the tensions as needed. My machine often works the best with these tensions, but your could be different depending on your fabrics or machine.



Step 7: The front stitch will look like this.



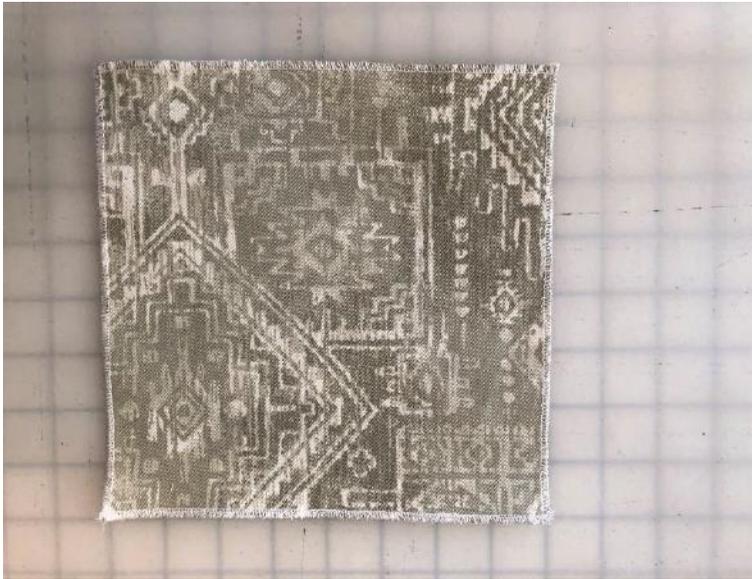
Step 8: The back stitch will look like this.



Waaalllaaaa! You're finished! Now that was super easy and you can be so happy you're contributing to a more sustainable world!

You can see my machine does not have very close stitches. It looks better when your stitches are closer together.

REUSABLE EVERYDAY/PARTY CLOTH NAPKINS



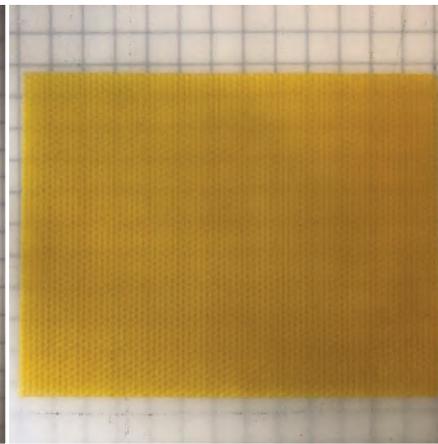
Another Option for napkins is to cut out a small 8" x 8" (20cm x 20cm) square of fabric and use these as Everyday or Party napkins. These are great little napkins and come in super hand when you want to use less paper.

HANKIE (HANDKERCHIEF)



Another great sustainable option to use less paper is sewing up a handkerchief (Hankie). These are great when you use a super soft fabric and so much easier on the nose when you have a cold. To do this, cut a 12" x 12" (30cm x 30cm) square and double fold the sides by 1/8" for a smaller finish.

BEES WAX FOOD WRAP



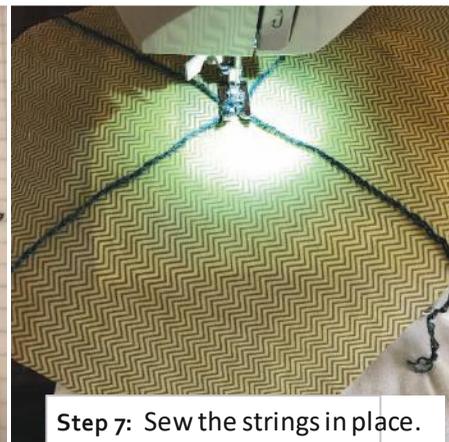
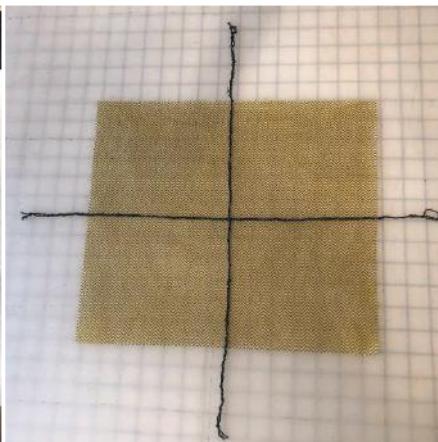
Step 1: Cut out a 18" x 14" rectangle out of a lightweight cotton for your food wrap. You will need bees wax in pellet form (easiest), block form or sheet form. You can see in the 2nd photo I have the sheet form directly from the farmer up the road from me. You'll also need baking paper, an iron and a cheese grater for wax in block/sheet forms.



Step 2: Place a piece of baking paper under your cloth face up, then grate some wax on to it. (If you have pellets, just lay them as shown) I folded up several layers of wax to grate it easier.

Step 3: Place piece of baking paper over the wax pieces/cloth and iron. You may want to put two pieces of baking paper to ensure your iron stays clean. While warm, lift up the cloth and hang to dry (just 1-2 min.)

Step 4: You can see, my coverage was not complete. Go through a second time and lay out more wax where you need more (shown in the next photo).



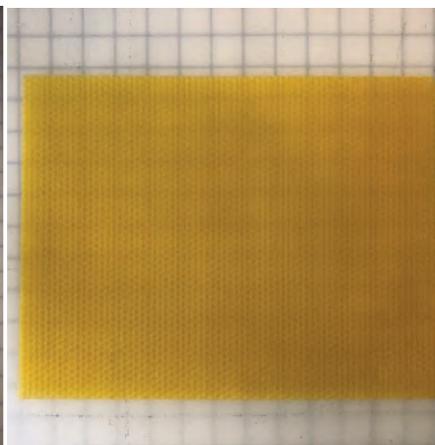
Step 5: Here, I'm repeating steps 2 to fill in all the other areas that were not fully saturated. Repeat step 3 with the ironing. Remove from the baking paper and hang to cool.

Step 6: When it's fully cooled, you can criss-cross strings which are cut 27" (69cm) long. Lay them against the front of the fabric.

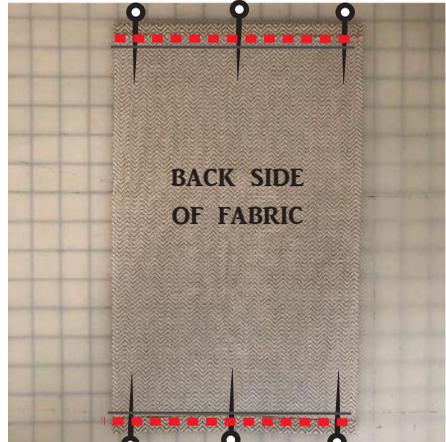
Step 7: Sew the strings in place.

Waaallllaaaa! You're finished. Warm up the cloth in your hands so it's pliable and wrap up your food! You can be so happy you're contributing to a more sustainable world!

BEES WAX FOOD BAGGIES (WITH AN ENVELOPE FOLD TOP)



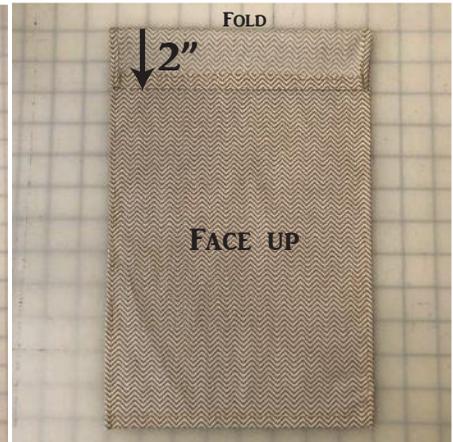
Step 1: Cut a piece of fabric out which is 16" x 8 1/2" (41cm x 22cm). You will need bees wax in pellet form (easiest), block form or sheet form. You can see in the 2nd photo I have the sheet form directly from the farmer up the road from me. You'll also need baking paper, an iron and a cheese grater for wax in block/sheet forms. It's highly suggested to do the sewing first, before applying the wax. Otherwise, the wax will make your machine a bit dirty and it's not super easy to clean.



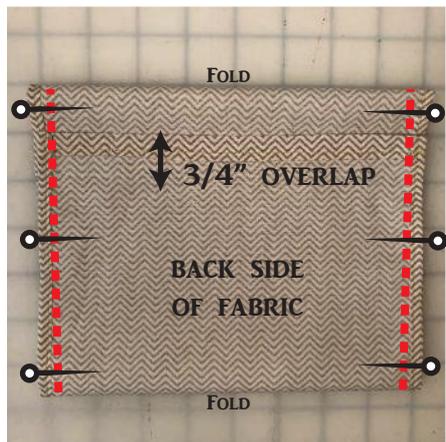
Step 2: Double fold 1/4" (6mm) the two shorter ends. Ironing will help it lay better. Pin and sew.



Step 3: Single fold 1/8" the two long sides and iron. Then pin in place (if needed) and sew.



Step 4: With the face of the fabric up, fold down the top edge about 2" (5cm).



Step 5: Then fold up the lower part to have an overlap of about 3/4" (2cm). Pin each side and sew.

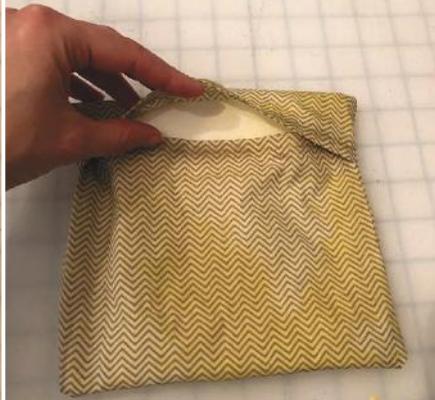


Step 6: Lay a sheet of baking paper down and Grate the Bees wax onto the baggie.



Step 7: Place two sheets of the baking paper on top and iron until the bees wax is melted. Don't worry if you didn't get the entire bag, just be sure to get all the seam allowances immersed.

CONTINUED... BEES WAX FOOD BAGGIES (WITH AN ENVELOPE FOLD TOP)



Step 17: Even if it's slightly uneven with the wax coating, it's ok. This image shows the bag still inside out. You should now flip it right-side-out while it's still a little warm.

Step 18: If you had to peel apart your bag at all, no worries. Place a piece of baking paper inside the bag and repeat steps 6-7 to catch any parts that aren't saturated well.

Step 19: Hold your bag a bit apart while it dries, so the wax doesn't stick to each other.



Waaaalllaaaa! You're finished. Now that was super easy and you can be so happy you're contributing to a more sustainable world!

TIPS FOR USING YOUR WAX FOOD BAG/WRAP:

WARM UP THE BAG OR WRAP

IN YOUR HAND TO MAKE IT PLIABLE. WRAP UP YOUR FOOD AND IF YOU HAVE A TIE, THEN TIE IT UP! IT'S SO SIMPLE TO USE.

TO CLEAN YOUR BAGGIES/WRAPS, MOST OF THE TIME, YOU CAN WIPE IT DOWN. IF IT NEEDS MORE CLEANING, JUST RINSE WITH COLD WATER AND A LITTLE SOAP IF NEEDED. DON'T USE WARM OR HOT WATER.

TO CLEAN YOUR FOOD GRATER:

RUN HOT WATER OVER THE FOOD GRATER

AND SCRAPE OFF ANY GUNK WITH A BUTTER KNIFE. THEN KEEP RUNNING THE HOT WATER AND APPLY SOME SOAP, YOU SHOULD BE ABLE TO WIPE IT DOWN CLEAN. YOU CAN ALSO PLACE IT IN THE DISHWASHER AFTER YOU GET THE GUNKY BUILD UP OFF.

Gina Renee Designs

THANK YOU FOR CONTRIBUTING TO A MORE
SUSTAINABLE WORLD!
YOU ARE MAKING A DIFFERENCE!

I ENJOY *Creativity*.
REALIZE HOW *Talented* I AM.
VALUE MY *Unique* CREATIONS.
AM *Proud* OF MY SEWING SKILLS.
CAN PASS ON SEWING *Knowledge* TO OTHERS.
CAN KEEP *Hand-Crafted* ITEMS FOR GENERATIONS.

Gina Renee Designs

PROMOTES THE ART OF SEWING TO CREATE A MORE SUSTAINABLE AND CREATIVE WORLD



JOIN THE SEWING COMMUNITY GROUP ON FACEBOOK!
BY SEARCHING FOR "GINA RENEE DESIGNS - A SEAMSTRESS GROUP"
AND DON'T FORGET TO PIN YOUR FAVORITE PATTERNS TO PINTEREST!

HELPING YOU CREATE CLOTHES THAT MAKE YOU FEEL GREAT
BY PROVIDING FASHIONABLE SEWING PATTERNS THAT FIT.