

# HOW TO MAKE A REUSABLE FOOD BAG

step by step guide



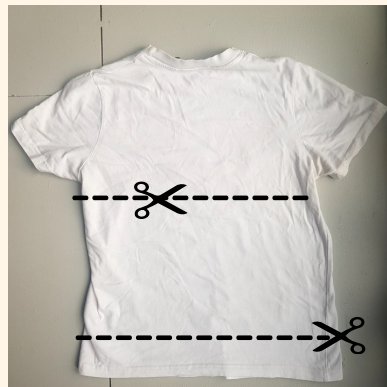
## For this project you will need:



- A used but clean t-shirt (preferable cotton)
- OR a rectangle fabric (min 25 x 30 cm) - then start from the **step no 3**
- A tape measure or a ruler
  - Needle and thread
  - Scissors
  - String (any type, can be a ribbon or an old clean shoelace as well)
  - Tape or safety pin

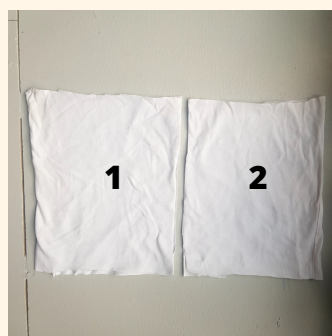
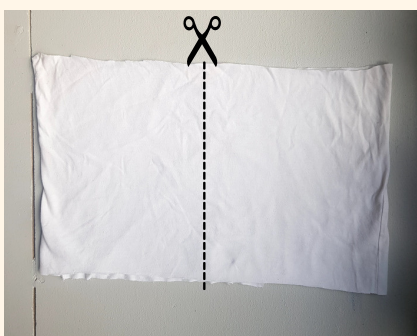
### Step 1

Unfold a t-shirt on to a flat surface. Using scissors, cut out a rectangle. Look at the image below to see how to do it.



### Step 2

Now cut the rectangle in half. We now have 2 pieces of cotton, meaning we can make two bags.



### Step 3

For now, work with one piece fabric folded in half. Turn it inside out, this means all your stitching will eventually be on the inside of the bag.



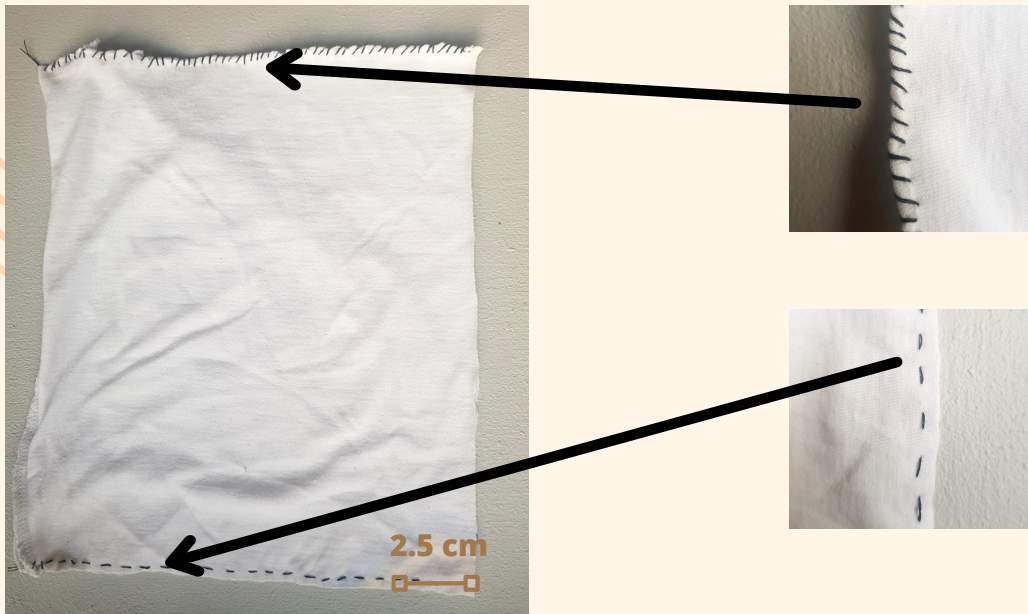


## Step 4

To stitch together the sides of the cotton bag, use running stitch or fell stitch (see the pictures below).

**IMPORTANT:** one side should be stitched full length and the other one not- leave 2/3 cm on the top.

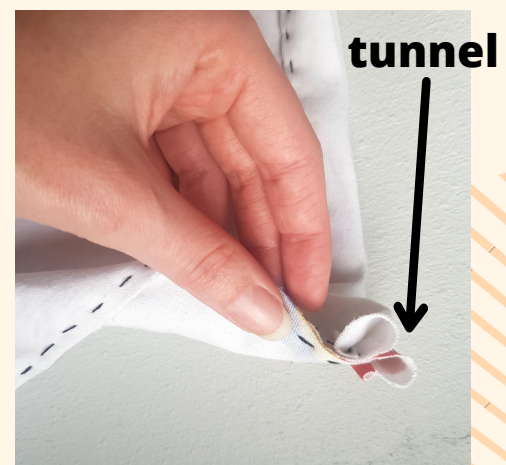
If you are unsure how to stitch, you can find lots of helpful YouTube videos which will tell you all about basic stitches.



## Step 5

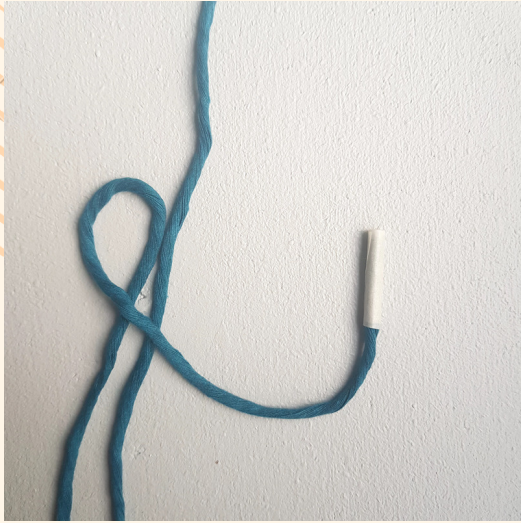


**Making a tunnel to pass the string through so that the bag can be closed and opened** – still working on the fabric turned inside out, fold over 1cm of fabric at the top of the bag. Then fold the fabric again to create a tunnel for the string. Don't sew all the way to the entrances of the tunnel, leave half a centimetre at each end.



## Step 6

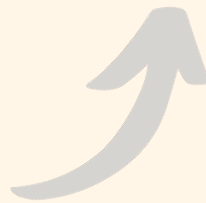
Depending on the size of your bag, cut the string accordingly so that it goes around the top and there is extra length to tie a knot. Turn the bag inside out so all your stitching is now on the inside of the bag. Pull the string through. You can tape the end of the string to stop it fraying. Push the cord through the tunnel and tie knots at the both ends of the string.



## The finished bag!



Repeat for the other half of your t-shirt to upcycle as much as possible (go back to step 3).





## TIPS



If you are using any other fabric e.g. an old bed sheet, then start from step 3



You can use a sewing machine if you have one.

For the purpose of the tutorial, I used black thread and white t-shirt, but it will look much better if you use both in the same colour.



Don't worry if your stitches are not perfect, look at mine! This doesn't matter that much, especially if you ensure the stitches are strong and in a matching colour.



If you will be using your bags for shopping, make sure they are untied at checkout. It saves you and a cashier spending time opening each one and checking what is inside.

