



BABY FOOD POUCH BIB



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Upcycle baby food pouches into this unique bib!

MATERIALS :

- old t-shirt
- 6 empty baby food pouches
- lightweight fusible interfacing
- thread
- clear tape
- sew-on Velcro®

TOOLS :

- sewing machine
- scissors
- fabric marker or chalk
- pouch bib template
- iron
- pins





INSTRUCTIONS :

1. Cut off the tops of the baby food pouches, wash thoroughly and dry. Trim the tops neatly.

STEP 2 :

Lay three of the pouches in a row, overlapping by about .5 cm and tape or pin in place. Sew together. Repeat for the second group of three. Then, line up the two rows, overlapping by .5 cm and sew together.



STEP 3 :

Cut t-shirt in half along the side and shoulder seams. Depending on the size of the t-shirt, you may only need one side. Iron fusible interfacing onto the back of the t-shirt.

STEP 4 :

Print and cut out the two bib pattern pieces. Trace top (1), using the fabric marker, onto the t-shirt, lining up the edge of the pattern with the hem of the t-shirt. Cut along the traced lines. Repeat for the other side. You will have two pieces for each pattern piece, a front and a back.



STEP 5 :

Trace bottom(2) onto the t-shirt and cut out. Repeat for the sewn together pouches and cut out.



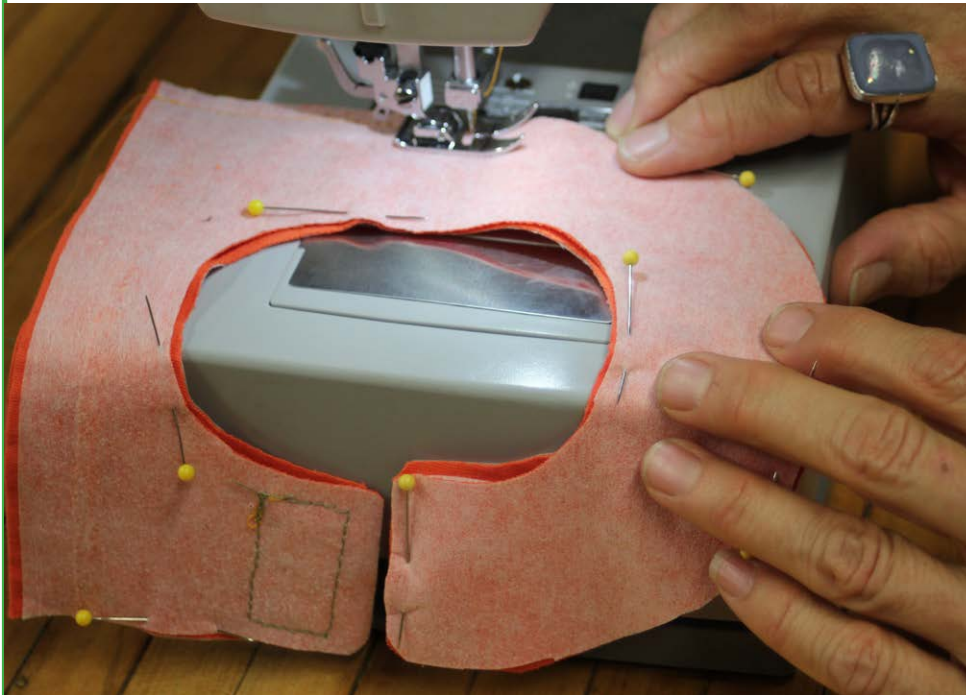
TIP :

Use clear tape to hold the pouches together while sewing instead of pins.

STEP 6 :

Gather the top (1) t-shirt pattern pieces. Cut a 4 cm piece of Velcro®. Sew the “hook” portion onto the marked location on the right side of the front and the “loop” portion on to the right side of the back.



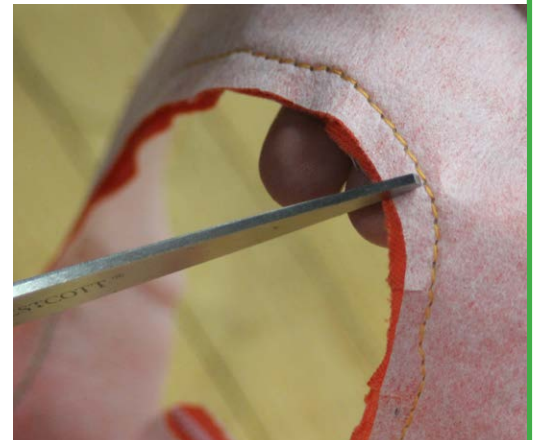


STEP 7 :

Place top (1) pieces face-to-face and pin together, leaving bottom edge open. Stitch together using .5 cm seam allowance.

STEP 8 :

Trim corners and clip curves, then turn right side out. Press.



STEP 9 :

Place bottom (2) pieces (one pouch, one t-shirt) face-to-face and pin together, leaving top edge open. Stitch together using a .5 cm seam allowance

STEP 10 :

Clip curves, then turn right side out, creasing along edges. Press with t-shirt side up. Stitch along top edge.



STEP 11 :

Sandwich the bottom (2) of the bib between the opening on the top portion of the bib and pin in place. Stitch along this edge.



STEP 12 :

Topstitch close to the edge all along the outside edge of the bib.

STEP 13 :

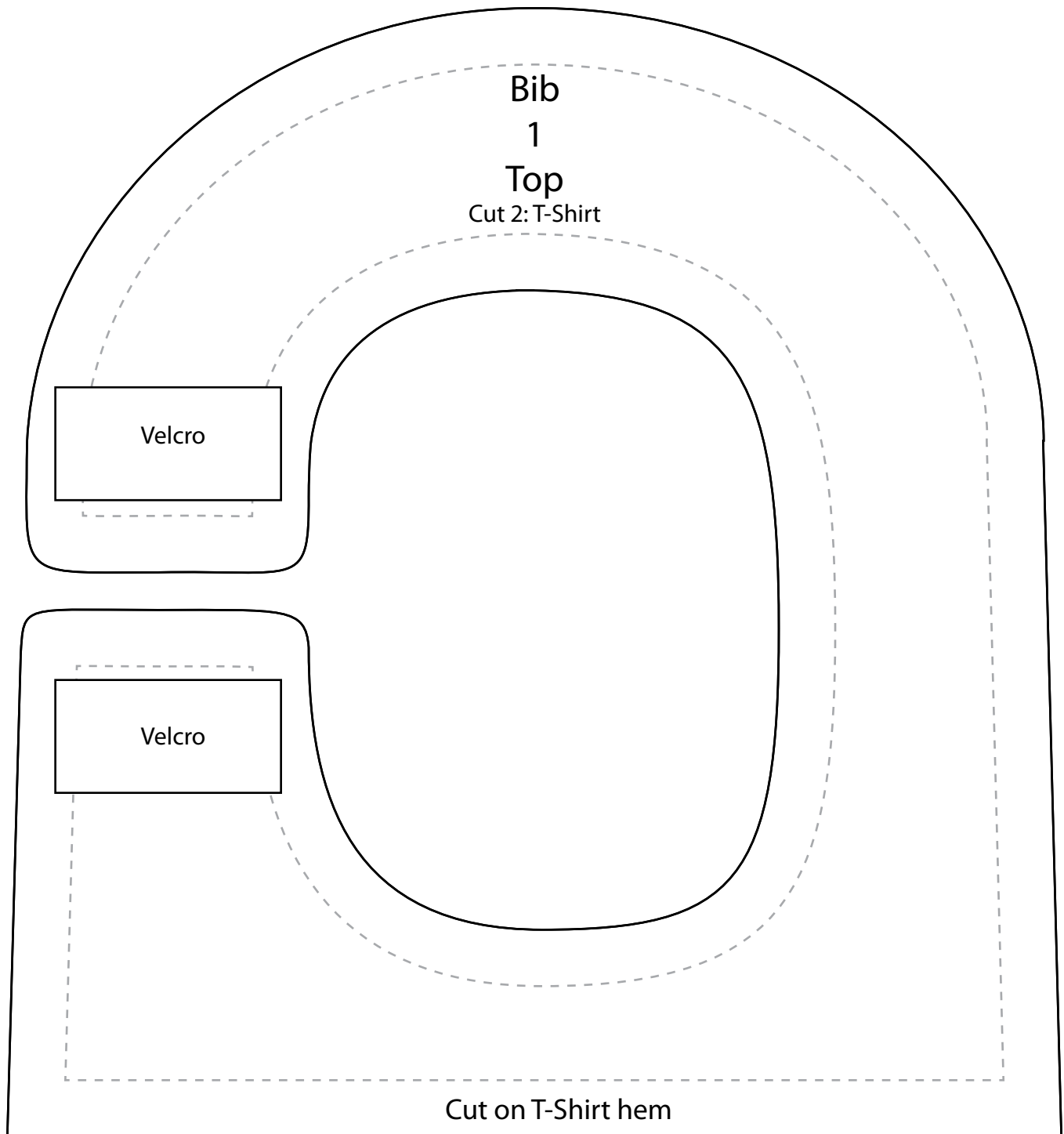
Try it out on your favorite eco-baby!



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POUCH BIB TEMPLATE



POUCH BIB TEMPLATE

Bib

2

Bottom

Cut 2: 1 T-Shirt, 1 Pouches



DON'T MESS AROUND, UPCYCLE YOUR DIRTY
BABY FOOD POUCHES INTO A SWEET NEW BIB!