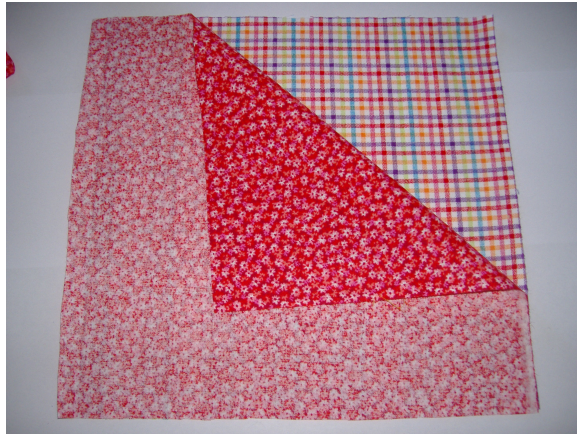


Reusable Napkin Tutorial

Materials:

two contrasting fabric squares 11 x 11 inches
pins
iron for pressing
sewing machine

1.



Directions:

1. Cut one 11 x 11 square from each fabric.

2.



2. Place the two fabric squares with the right sides together and pin. Sew around the square using a $\frac{1}{4}$ inch seam allowance, leaving a 2 to 3 inch opening for turning.

3.



3. Turn and press your napkin. Top stitch all the way around the edges of the napkin to close the gap. Your reusable napkin is complete. Use and reuse it along with your reusable snack pouch. To store your napkin in your reusable snack pouch fold it in half once then fold it into thirds. Machine wash as needed. Reusable pouch pattern available at:

<http://lifewithnaturegirl.blogspot.com/>