

MAKE YOUR OWN REUSABLE NAPKINS



Paper napkins get thrown away after one use. But you can reuse cloth napkins again and again. You can buy fun cloth napkins at thrift stores. Even better, you can make your own cloth napkins by reusing other things.

What you will need:

old T-shirts or an old bed sheet
a 12-inch ruler
a pencil

scissors (Those with jagged edges work best.
You can also use a special kind of scissors
called pinking shears.)
fabric paint or permanent markers

How to make your napkins:

1. Lay the T-shirt or the sheet flat on a table.
2. You will use your pencil and the ruler to draw your square napkin. Lay the ruler along the bottom edge of the T-shirt or sheet. Draw a line as long as the ruler. This is the bottom of your square.
3. Move the ruler so it is going up from one end of this line. Draw the next line of your square. Draw all four lines until you have a finished square.
4. Ask a grown-up to help with this step so you stay safe! Cut out the square. If you use scissors that have a jagged edge, your napkin will not fray as much.
5. Use fabric paint or permanent markers to decorate each napkin. You can also write the name of a family member on each napkin.

Why not make several napkins for each person in your family? Then you will always have cloth napkins to use even when the dirty ones are in the wash!



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