

## NO SEWING RECYCLED T-SHIRT BAG

Submitted by Mary Takeshita – Palisades FCE Club

### Supplies needed:

- One T-shirt
- Scissors



### Instructions:

1. Cut the sleeves off at the seams.
2. Cut around the neck binding, removing it completely.
3. Remove the bottom hem of the shirt and cut along the bottom of the shirt forming strips 1" to 1 1/2" wide and about 2 inches long.
4. Lay the shirt on a flat surface with the strips closest to you.
5. Starting on one edge of the shirt, tie the first strip from the front of the shirt to the second strip from the back of the shirt, forming a square knot.
6. Now, take the second strip from the front of the shirt and tie it to the first strip from the back of the shirt, forming another square knot on top of the first.
7. Repeat this process with each pair of strips until you reach the other edge of the shirt.
8. If you wish to form decorative ties for the handles of the bag, this can be done by trimming the neckband which you removed earlier, cutting it in two equal pieces and tying one piece to each handle. Longer decorative ties can be made from the piece you cut from the bottom hem of the shirt.

Note: In addition to recycling, the advantage of using these bags for groceries comes from the ease of washing them if some grocery item spills. Just toss it in the wash!

The sleeves you cut off can be easily sewn into small draw-string bags to store small toys or other items. They can also be sewn to your new bag to form a pocket or two.

If you don't use the neckband to decorate your bag, you can make a head-band out of it.

