



Supplies:

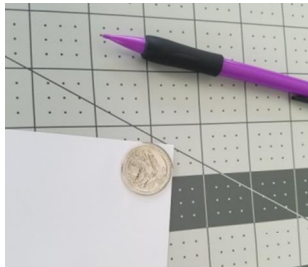
- 3/4 yard main fabric
- 3/4 yard Insul-Shine
- 1/2 yard Fusible Warm Fleece 2
- 30" zipper
- Scrap of coordinating fabric
- Scrap piece Steam-A-Seam 2
- Coordinating thread
- 3 yards double fold bias tape (optional)



Insulated Lunch Box

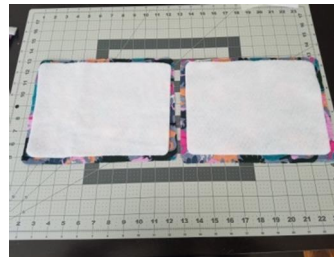
Step 1: Make a template for the front and back sides by taking a standard piece of printer paper (8.5"x 11") and trace the rounded edge of a quarter into each corner of the paper. Round out the corners by cutting on the line.

Step 2: Fold the paper in half width-wise and cut a small notch on the fold line.



Step 3: Cut 2 pieces from main fabric, 2 pieces from Insul-Shine

Step 4: Cut 2 pieces from Fusible Fleece 2. Trim $\frac{1}{2}$ inch around the edges of these pieces, so that they will sit inside the seam allowance.



Step 5: Cut two 11"x 2" strips from main fabric and two 11" x $\frac{1}{2}$ " strips of Fusible Fleece 2 - for the handles.

Step 6: Cut a 29" x 6" rectangle from your main fabric, and one from Insul-Shine. This is the top edge and sides of the lunchbox.

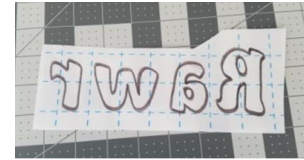
Step 7: Cut a 9" x 6" rectangle from main fabric, one from Insul-Shine, and one from Fusible Fleece 2. Trim $\frac{1}{2}$ " around the edges of the fleece piece, so that it will sit inside the seam allowance. This is the bottom edge of the lunchbox.



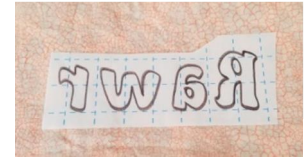


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Step 8: Trace or print your design in REVERSE onto the grid side paper. If you print be sure Steam-A-Seam 2 sheets through your ink-jet printer, cut them to size (8.5" x 11"). Do not use with a laser printer.



Cut around each letter - Leaving at least ¼" space around the printed or traced letters. Remove the plain white release paper liner exposing 1 side of the sticky fusible web. Place sticky side to wrong side of fabric finger pressing firmly.



Carefully cut out the letters on your fabric. Remove the grid printed paper lining by crimping (pinch) a corner towards the paper to get it started if needed.



Center the letters on your **lunchbox front**.

Once your letters and shapes are perfectly placed it's time to make this permanent! Set your iron for the temperature of the fabric you're using and make sure it has water (fabric permitting – a dry iron works too). Tip: Using a press cloth lift and place the iron over all areas for at least 30 seconds + using steam.

Step 9: Prepare your front and back pieces by sandwiching a piece of Fusible Fleece between the main fabric and the Insul-Shine. Insul-Shine should be shiny side down, then fleece, then main fabric with right side up. Press with iron to adhere the Fusible Fleece (the longer you fuse the stiffer it will get). **Do not touch iron to the shiny side of Insul-Shine.**



Step 10: Cut your 29" rectangles in half lengthwise. Both the main fabric and Insul-Shine

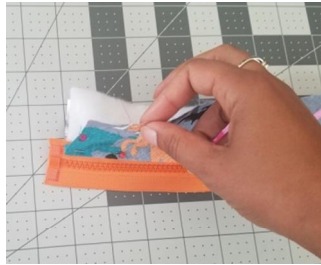
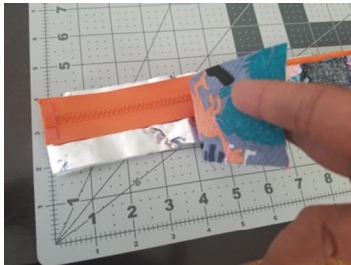


Step 11: Lay one of the 29" strips of fabric on one of the Insul-Shine strips with right sides together. Slide the zipper between the two pieces, lining it up on the top edge. Right side of zipper should face right side of main fabric.

Step 12: Using a zipper foot, sew along the edge using $\frac{3}{8}$ " seam allowance.

Step 13: Fold the fabric open to that wrong sides are together. Make a straight stitch $\frac{1}{4}$ " inside of the seam.

Step 14: Repeat steps 11-13 the remaining strips on the other side of the zipper.



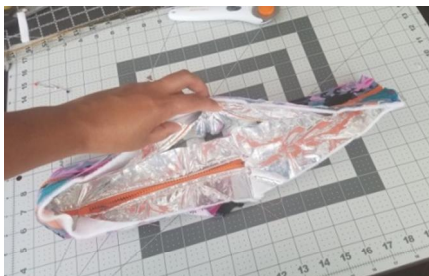
Step 15: Lay your 9" x 6" fabric rectangle on your zipper piece and make sure they are still the same width. If it is too wide carefully trim it down to size. Trim the Insul-Shine piece to match

Step 16: Sandwich the short end of your zipper piece between the short ends of your 9" x 6" rectangles. Main fabrics should be right sides together and Insul-Shine pieces should be right sides together. Sew a straight stitch with $\frac{1}{2}$ " seam allowance.



Step 17: Line up the other end of the zipper piece to the other end of the Insul-Shine with right sides (of Insul-Shine) together. Pin or clip in place.

Step 18: Now pin the other end of the main fabric to the fabric side of the zipper piece. You will have to fold up the zipper piece to fit it inside the 9" x 6" rectangle sandwich. Sew a straight stitch with $\frac{1}{2}$ " seam allowance. Turn the whole thing right-side out. This piece will be all four sides of the lunchbox.





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Step 19: Take your trimmed 9"x 6" Fusible Fleece 2 rectangle and slide it between the main fabric and the Insul-Shine on the 9"x 6" section of the side strip. Apply iron to the main fabric to adhere the fleece.



Step 20: Baste or stay stitch around the edges of the side strip and around the edges of your front and back pieces.

Step 21: Fold your 11"x 2" strips in half length-wise. Pin and sew a straight stitch with 1/2" seam allowance. Use a safety pin to turn right-side out.



Step 22: Using a safety pin pull the 1/2" Fusible Fleece 2 through the tube. Iron to adhere the Fusible Fleece 2.



Step 23: Sew a straight stitch right inside of the edge of the stap on both sides.



Step 24: Pin or clip the handle along the top side of your front piece right sides together. I clipped mine 1 1/2" from the sides, but to pin yours a little closer or farther



Step 25: Fold your zipper strip in half with the seams touching to find the middle points on you the strip. Now align the middle points of the zipper strip with the middle points of your front piece. The part with the zipper goes on the top, the part without the zipper goes on the bottom.

Step 26: Now pin the rest of the zipper strip to the sides of the front. Your handles should be sandwiched between the front piece and the side. Sew the pieces together using a straight stitch and ½" seam allowance.



Step 27: To cover your raw seam we will be covering it with double fold bias tape. If you really know what you are doing you can combine this step with the previous step and bind the seam as you sew it. I tried. . . and failed, so two steps it is! Pin the bias tape around your seam. Then sew it down, covering your previous stitch.



Step 28: Repeat steps 25-27 with the back piece. **MAKE SURE THE ZIPPER IS OPEN!** Otherwise you won't be able to flip it right side out.

Step 29: Turn that baby right side out and admire your work!

