

GREEN-IT-YOURSELF CENTER

FIRST AID KITS

DRAWSTRING INSTRUCTIONS:

1. Grab two strings of yarn, a safety pin and a fabric pouch to create the drawstring.
2. Undo the safety pin and push through the end of one piece of yarn. Close the safety pin.
3. Fish the yarn (using the safety pin) through the pockets of the fabric pouch. Once through both sides, remove the safety pin and tie a knot in the yarn.
4. Grab your second piece of yarn, and thread it through the pockets, starting at the opposite side of the knot you just created. Once through, tie a knot in the yarn.
5. Your drawstring bag is now complete and ready to add contents.

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FIRST AID KITS

VINYL TRANSFER INSTRUCTIONS:

1. Grab a 'First Aid' vinyl transfer and a fabric bag.
2. Confirm the iron temperature is set to 'cotton'.
3. Using the iron and ironing board, place the iron on the fabric bag for 15 secs. Flip the bag and repeat.
4. Now that the bag is warm, place the transfer on the fabric bag with the color side up. Ensure the logo is centered and slightly closer to the bottom of the bag, so the logo does not get cinched.
5. Place the iron on the transfer for 30 secs. Remove the iron, and let the transfer cool for an additional 30 secs.
6. Once cool, slowly remove the clear plastic over the transfer. If the transfer pulls off the fabric bag, reapply iron for 15 secs. Let cool for 15 secs and attempt to remove again. Repeat as needed.
7. Proceed to drawstring instructions!

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FIRST AID KITS

FIRST AID KIT CONTENTS:

- 2 small bandages
- 1 large bandage
- 1 wet wipe
- 1 antibiotic packet
- 1 QR code zipper pull

Once packed, place your complete First Aid Kit in the collection bin for donation to the Ames Public Library, The SHOP and Food at First.

Thank you for giving back to your community!

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PLASTIC BAG POUCHES

ASSEMBLY INSTRUCTIONS:

1. Choose a piece of plastic-fused fabric.
2. Fold the fabric in half, leaving 1/4 of the sheet to overhang.
3. Use duct tape to close and seal the left and right sides to form a pouch.
4. Apply velcro to the overhang flap, removing the tape from one side of the connected velcro strip.
5. Take a strip of combined velcro. Remove the tape from one side and stick the velcro to the 1/4 overhang (centered).
6. Fold the 1/4 overhang over to create a flap for the pouch. Remove the remaining velcro tape to secure the flap to the pouch.



**MAKE ANOTHER
AT HOME!**

GREEN-IT-YOURSELF CENTER

UPCYCLED HEAT/COOL PACKS

FILLING INSTRUCTIONS:

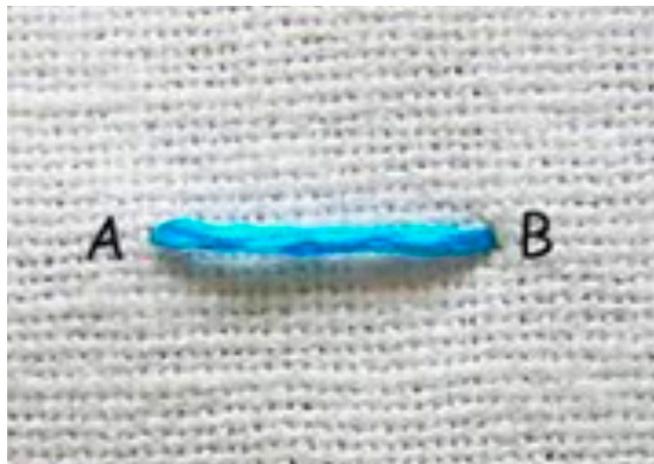
1. Grab an empty pouch and a funnel.
2. Using a scoop, get 1/2 of rice ready to pour into the funnel.
3. Put the funnel into the pouch, and pour the rice into the funnel.
4. Sew the opening shut using a straight stitch. See instructions below!
5. To use, heat for 30 secs in microwave, or cool in freezer overnight.

STRAIGHT STITCH INSTRUCTIONS:

1. Bring the needle from the back side, through the fabric.
2. Push the needle through the front of the fabric to the back.
3. Repeat this process until the fill hole is closed.
4. Tie a knot at the end of the stitch and trim excess thread as needed.



**MAKE ANOTHER
AT HOME!**



GREEN-IT-YOURSELF CENTER

NATURAL INGREDIENT CLEANING PRODUCTS

Make your own sustainable cleaning products at home! Scan the QR code for instructions and ingredients.



**GIY ALL PURPOSE
CLEANING SPRAY**



**GIY FOAMING
HAND SOAP**

**MASON JAR SOUP COOKING
INSTRUCTIONS AND HOW
TO BUILD YOUR OWN SOUP
MIX AT HOME!**



BUILD YOUR OWN DRY SOUP MIX!



Ingredients:

(makes 4 servings)

- 2 tsps. bouillon powder
- 2 cups egg noodles OR 1 cup rice
- 1 tsp parsley
- 1 tsp basil
- 1/2 tsp black pepper

Want to prepare 1 serving?

At home, measure out about 1/4 of your dry ingredients from the jar. Then, follow the cooking instructions for either stove top or microwave using 2 cups of water.

What Can I Add at Home?

Vegetables:

carrots,
onions,
celery, peas,
etc.

Protein

(cooked):
chicken, tofu,
chickpeas,
etc.

Herbs:

rosemary, bay
leaves,
oregano,
thyme, etc.

Toppings:

crackers,
wontons,
cheese, etc.

Cooking Instructions:

Stove top

1. Add dry ingredients and vegetables to a large pot with 8 cups of water.
2. Bring your soup to a boil. Then, simmer for 20-30 minutes or until the starch and vegetables are soft.
3. Add your protein and stir until heated through. Top with crackers and wontons if desired, and enjoy!

Microwave

1. For rice: Heat 8 cups of water in the microwave for 3 minutes.
2. Add water to dry ingredients and let sit for 5 minutes. Then add in cooked protein (optional).
1. For egg noodles: Mix all ingredients together (minus protein) with 8 cups of water and microwave for 5 minutes, covered.
2. Continue to cook at 30 second intervals or until noodles reach desired consistency.
3. Add in cooked protein or toppings!

Looking for more dry soup mix ideas? Visit:
<https://insanelygoodrecipes.com/dry-soup-mix-recipes-in-a-mason-jar/>

Cooking Instructions:

Stove top

1. Add dry ingredients and vegetables (optional) to a large pot with 8 cups of water.
2. Bring your soup to a boil. Then, simmer for 20-30 minutes or until the starch and vegetables are soft.
3. Add your protein and stir until heated through. Top with crackers and wontons if desired, and enjoy!

Microwave

1. For rice: Heat 8 cups of water in the microwave for 3 minutes.
2. Add water to other ingredients and let sit for 5 minutes. Then add in cooked protein (optional).

1. For egg noodles: Mix all ingredients together (minus protein) with 8 cups of water and microwave for 5 minutes, covered.
2. Continue to cook at 30 second intervals or until noodles reach desired consistency.
3. Add in cooked protein or toppings!



To prepare 1 serving:

Measure out 1/4 of your dry ingredients from the jar. Then, follow the cooking instructions for either the stove top or microwave using 2 cups of water.