

# HOW TO GUIDE: Kids Aprons

The following 'How to guide' can be used to make fruit and vegetable themed hair scrunchies for your next Showcase or Recipe Demonstration. Use them to tie your hair back when cooking and highlight appropriate food handling and hygiene practices.

## *Step 1:* Gather up your resources

You will need:

- Kids apron tea towel (available to order from the Country Kitchens team)
- 3 m bunting tape
- Scissors
- Sewing machine
- Thread (matching your bunting tape & tea towel)
- Measuring tape
- Pins
- Iron and board (optional)



## *Step 2:* Make the apron

1. Cut along the dotted lines on the outside of the armholes marked on the tea towel. Cut around the pocket in the left hand corner about 7mm outside the white marked guidelines.
2. Cut a 3 metre length of bias binding in half to make the ties for either side of the apron.
3. Leaving a tail of 70cm of bias binding, start at the bottom end of one of the arm holes you have cut. Open the bias binding out flat and place the right side of the binding to the wrong side of the armhole and pin in place. Stitch along the crease.
4. Turn the binding to right side, finger press and fold just over the stitching line. Pin in place. Stitch close to the edge. Continue your stitch to both ends of the tape to make your ties. Fold the ends of the tape under before stitching to make a neat tie.
5. Repeat for the other side.
6. Fold under 1/4 or 7mm of the cut edges of the pocket (use the white dashed line as a guide) and iron flat. Place the pocket in the middle of the apron (use the sold white outlined square as a guide) and stitch in place leaving the top opening.
7. If you wish, decorate your apron to make it more colourful!



## *Step 3:* Use at your next cooking workshop with kids!

If you are running Back 2 Basics cooking workshops with young children, these aprons are perfect to ensure you are following the recommended food safety guidelines regarding apron wearing while cooking and preparing food. You can get creative with the colours you choose to use for your bias binding tape, or even the way you decorate the apron itself.

To order the tea towel used to make the above example, head to the products section of our website: <https://www.qcwacountrykitchens.com.au/shop/>



*Watch* the video tutorial! [https://www.youtube.com/watch?v=88yCp\\_7kfE0](https://www.youtube.com/watch?v=88yCp_7kfE0)