

HOW TO GUIDE: Hair Scrunchies

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:

- Fabric (your choice – patterns, bright colours, prints with fruit and vegetables)
- Elastic (any size, 8mm works well)
- Large safety pin
- Scissors
- Sewing machine
- Thread (matching your fabric)
- Measuring tape
- Fabric marker
- Pins
- Iron and board (optional)

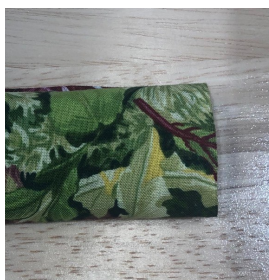


Step 2: Make the scrunchie

1. Cut your fabric into a rectangle. It is your choice on how big you want to make the scrunchie, we suggest 55x10cm. Experiment with different sizes if you want your scrunchie to be smaller or larger.
2. Fold your fabric in half with right sides together and pin in place. Next take one end of your fabric and fold it back about 1cm. Pin to secure. Then sew along the length of the fabric on the open edge.
3. Turn the tube right side out. Fasten the safety pin to the end with the folded edge and feed the pin back through the tube. Once complete, remove the pin. Iron the seam if desired.
4. Cut your elastic into a length of your choice, we suggest 23cm. Feed the elastic into the tube using the safety pin and remove the pin when done. Fasten the elastic together by tying a knot.
5. Move the knot over to one side. Tuck the raw edge inside the folded edge and check that your fabric isn't twisted by ensuring the seam runs all the way along the outside. Stitch down the join and your scrunchie is complete!



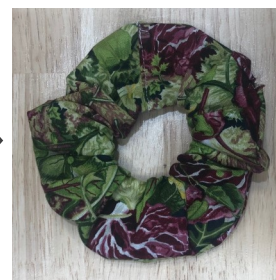
Fold one edge and sew



Turn right side out



Feed elastic



Finished scrunchie



Step 3: Use at your next Showcase!

Colourful fruit and vegetable hair scrunchies make a great addition to your next Country Kitchens Showcase or event! Sell them at your display, or use them to tie your hair back when completing a Recipe Promotion to highlight appropriate food handling and hygiene practices. Experiment with different colours and fabrics and remember to snap some photos! We love seeing all of your wonderful creations on Facebook or in your Monthly Branch Report.

Watch the video tutorial! https://www.youtube.com/watch?v=A_5Xa8E7wi0