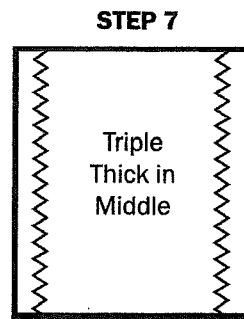
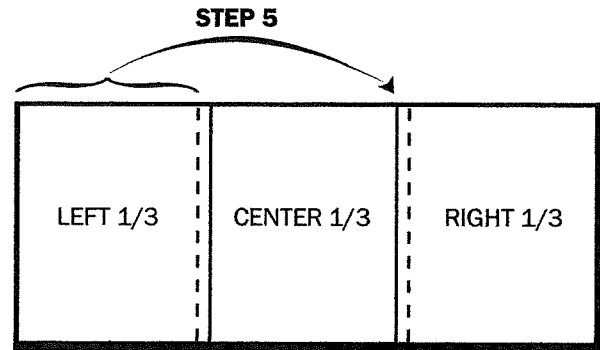
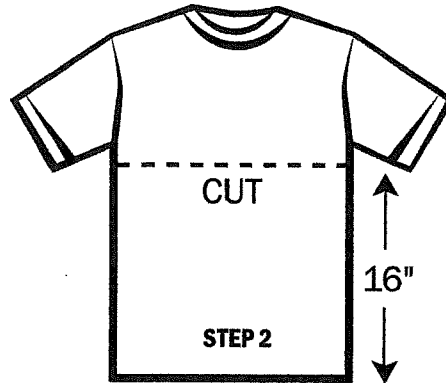


Another alternative is to recycle used T-shirts into diapers with these easy instructions adapted from a pattern created by the ELCA Northeastern Minnesota Synod:

T-shirts should be 50% to 100% cotton, size Large or bigger. New or gently used T-shirts (no stains or tears), in any color is fine.

- 1 Cut off hem of T-shirt.
- 2 Cut off body of the T-shirt, below the sleeves as pictured to create a piece about 16" tall.
- 3 Cut up the center of the front of the T-shirt to create a long rectangular piece of fabric.
- 4 Trim fabric to measure 16" X 36" or 16" X 39" depending on the length available.
- 5 Fold the left third of the piece of fabric over to cover the center third. If there is a design on the t-shirt, fold so it is on the inside.
- 6 Fold the right third of the piece of fabric over to cover the center third, creating a three-layer piece.
- 7 Fold over the raw edge of the top layer and zig zag stitch where the three thicknesses meet on the left and right side.
- 8 Zig zag stitch the top and bottom so the diaper is closed on all sides.

Finished diaper is 12-13" X 16".



Complete instructions for assembling an LWR Baby Care Kit are available online at [lwr.org/babycarekits](http://lwr.org/babycarekits) or call 800.597.5972 to request a free copy of the Quilt & Kit Ministry Guide.

