

Sunflower Lunch Bag

By Marie Duncan, Education Creative Coordinator

A re-usable, insulated lunch bag is just the thing for anyone who takes their lunch to work. Personalize it with this pretty sunflower, and a name, and you have a special gift, or treat for yourself!

Sewing Supplies:

1/2 yard of cotton or canvas
1/2 yard print for lining
Inspira Tear-A-Way Stabilizer
40 wt. Embroidery Thread
Bobbin Thread
Rotary Cutter, Ruler and Cutting board
Insul-Bright
Sewing Thread
Clear 1/4" Piecing Foot w/Guide #412927445
4" of Hook and Loop Tape
Fasturn Tube Turner #140000001
Clear View S Foot #412 97 51-45
Pictogram Pen



Embroider:

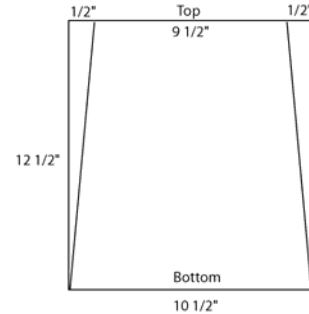
1. Download the Sunflower Design for August 2007 from www.husqvarnaviking.com, USA, Embroidery, Free Monthly Designs. It will be free for the months of August and September, 2007 and available for purchase thereafter from www.myembroideries.com. Add your name under the sunflower either in your 4D Embroidery Software or in your Husqvarna Viking Embroidery Machine with built in fonts.
2. Hoop a 10" x 12" piece of cotton/canvas fabric with Tear-A-Way Stabilizer. Thread with 40 wt. rayon embroidery thread on top and bobbin thread in the bobbin. Embroider the sunflower and name on your cotton/canvas.

Cut out the Lunch Bag:


1. When the embroidery is complete, cut your embroidered flap to 5 1/2" x 9 1/2" with the embroidery centered. Cut a piece of lining and Insul-Bright the same size.
2. Cut two pieces 10 1/2" x 12 1/2" from cotton/canvas, lining and Insul-Bright. Mark 1/2" from each edge on one end and cut using your rotary cutter, ruler and mat to

create pieces that are 10 1/2" wide at the bottom, 9 1/2" wide at the top and 12 1/2" high as shown.


3. Cut strap piece from lining 16" x 3" and two inner strap pieces from Insul-Bright or scraps of batting 16" x 1 1/4".
4. Cut one bottom piece using the pattern given from cotton/canvas, lining and Insul-Bright.



Make the Strap:

1. Fold the strap piece in half, lengthwise, right sides together. Snap on your clear 1/4" Piecing Foot w/guide. Stitch the seam. Place the tube on a Fasturn Tube. Get it just barely started. Stack the two 1 1/4" strips of Insul-Bright or batting. Insert the batting into the end of the Fasturn Tube Turner. Pull the tube through to turn it, and the batting will follow, ending up inside the strap!
2. Using your Pictogram Pen, mark a line down the center of the strap. Select E1:5 . Snap on your Clear S Foot. Stitch down the center of the strap. This not only looks pretty, but holds the batting in place if you wash the bag.

Sew your Lunch Bag:

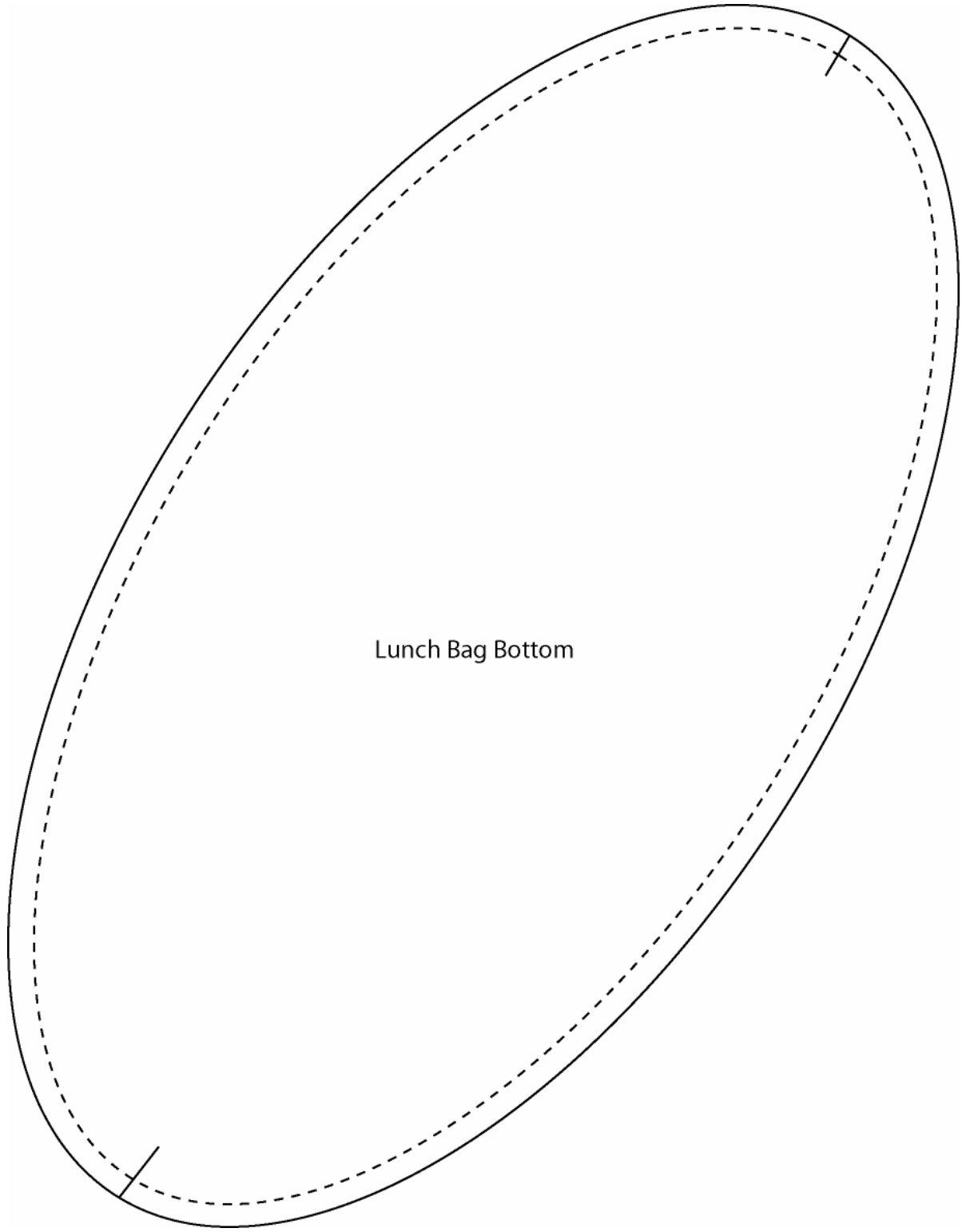
1. Place your Insul-Bright pieces on the back of the corresponding lining pieces. Select a zig zag stitch. Snap on your A foot. Zig zag around all the edges to keep the pieces together during the rest of the construction.
2. Place the hook portion of the hook and loop tape on the 5 1/2" x 9 1/2" lining piece 3/4" up from the bottom (long edge) as shown. Zig zag around the hook tape. 
3. Snap on your Clear 1/4" Piecing foot w/Guide. Select Straight stitch. Place this piece right sides together with the embroidered flap piece. Stitch the sides and bottom (where the hook tape is). Clip the corners. Turn through the open top edge. Press. Stitch near the top edge to keep the edges together.
4. Place the two lunch bag lining/Insul-Bright pieces right sides together. Stitch one side seam. Stitch the other side seam leaving a 4" opening to turn.
5. Place the two outer lunch bag pieces together and sew both side seams.
6. Pin the bottom lining/Insul-Bright in place matching the marks on the bottom to the side seams in the lunch bag. Stitch the bottom in place. Repeat for the outer pieces.
7. Turn the cotton/canvas bag right side out. Place the embroidered flap right sides together with the bag, matching the top raw edges. Insert the raw ends of



your strap in between the layers, at the two edges. Stitch near the raw edge. Fold the flap over to the right side and mark the placement for the loop portion of the hook and loop tape. Snap on your A Foot and stitch the loop tape in place on the bag front. Remove your accessory box to make this easier. If you have a four way stitch program on your Husqvarna Viking machine this is the perfect place to use it!



5. Place the two bags, the inner lining bag and the outer bag, right sides together, one inside the other. Stitch all the way around the top opening. The flap will be between the two layers. Turn right side out through the opening in the lining.
6. Press and insert Steam-A-Seam 2 in the opening. Press with Steam to fuse the opening closed.
7. Insert lunch, go to work or school!



Lunch Bag Bottom