



Meals on Wheels Placemat Pattern

Who wouldn't love to eat a meal on a beautiful placemat??
Help us get placemats into the homes of *Meals on Wheels* recipients!

This is a flip and stitch placemat. Finished Placemat Size: 12" x 15" (1/2" seam allowance)

Materials needed: 2 fabric rectangles 13" x 16" and 1 low-loft batting or flannel rectangle 13" x 16"



STEP ONE:
Cut fabrics and batting.

STEP TWO:
Stack materials
in order as follows:

- batting on bottom
- fabric in middle,
right side up
- fabric on top,
right side down



STEP THREE (A):
Pin in place.

Stitch with a 1/2" seam allowance around all sides, leaving a 3" opening at one end to turn right side out.



STEP THREE (B):
Stitch an "L" shape at the opening to make the opening easier to turn and stitch.



STEP FOUR:
Once sewn, trim batting from seam allowance and clip corners.



STEP FIVE:
Turn placemat right side out, using opening.



STEP SIX:
Smooth out corners; press flat.



STEP SEVEN:
Top stitch 1/4" from edges, around all sides, to close the opening.

Important Notes:

- *Meals on Wheels* is looking for all patterns and seasonal fabrics for their placemats to give their meal recipients throughout the year.
- Washable cotton fabric preferred.
- Placemats **must NOT include any binding on the edges**, as this poses a tip hazard for mobility restricted meal recipients.

Thanks for your help!