

FN-AP.149

Gifts in a Jar

During recent years there has been a resurgence of interest in making things at home. Whether you are interested in making elaborate desserts or simple do-it-yourself projects, there is probably a website or a television show that will detail all the necessary steps for completing your task. Much of this interest in learning creative skills comes from a desire to express oneself, while others might attribute the rising interest as a desire to save money. Whatever the motivation, this increased interest in home crafting has the added benefit of saving money and decreasing household waste.

The conservation principles: reduce, reuse and recycle, can be applied to the gift giving process in many ways. Reducing has the greatest impact on the environment because you are actually eliminating the purchase and use of another product. The concept of reducing can easily be applied to the gift giving process. Carefully consider the gifts you give. Will the items be useful to the recipient? Perhaps a gift of your time or talent would be more appropriate than an actual product. The practice of giving your time and talent will eliminate or reduce the carbon footprint (the amount of energy required to develop and ship a product) of gift giving. Giving gifts in gift bags, allows the packaging to be easily reused and recycled.



“Gifts in a Jar” utilizes the conservation principles of reusing and recycling. Many of the gift jars presented will reuse and repurpose jars, thus eliminating them from the waste cycle completely. While reusing or repurposing an item may require a little extra thought and planning, the benefits in savings and conservation make it worthwhile. This publication will ease the stress of planning and give you something fun to share with your family and friends without stretching your gift giving budget.

Before making any of these jars, carefully review your gift giving list. Is it feasible to give similar items to multiple people? If so, then carefully consider which of the jar options will be best for the most people. Pre-planning allows you to secure all necessary supplies for several gifts and reduces your time investment. Additionally, some of the jars would not be cost effective to make for one person, but if you make a similar item for several people you will reduce the cost of each item exponentially.

Jar Cleaning and Preparation

Most reusable jars will have attached labels, using an adhesive. Remove as much of the paper as possible, exposing the adhesive. To remove the adhesive, soak a cotton ball in vegetable oil and rub on the exposed area. If the adhesive remains, soak the jar in hot, soapy water. Add one tablespoon of baking soda to the water. When the adhesive becomes soft, scrape gently using a nylon scraper or scrub pad. If there are letters or numbers (usually expiration dates) printed on the jar in ink, remove by rubbing with a cotton ball soaked in nail polish remover. Wash the jar well before using.

If food odors remain in the jar after washing, put $\frac{1}{4}$ cup of baking soda in the jar and replace the lid. Leave at least 30 minutes or longer to remove odors.

Decorative Lids (using canning lids and ring bands)

When reusing or repurposing jars, the lids may not be “pretty” or may have brand names or other writing which would prevent their use as a gift. Jar lids can be decorated in several different ways. Food grade paint is an easy way to cover up smooth lids. Sometimes however, the company trademark or brand has been embossed on the lid and may show through the paint. These lids can be covered with cardstock paper or recycled greeting cards.

COVERED LIDS

Supplies:

- Cardstock paper or recycled greeting cards
- Craft glue
- Pencil
- Ruler

Directions:

Place lid on back of cardstock or greeting cards and trace around the top. Measure the depth of the ring band. Using a ruler, make another circle two times the depth of the ring band, from the edge of the original (or inside) circle. For example, if the ring band is $\frac{1}{2}$ inch deep, the second circle should be 1 inch from the edge of the first circle.

See Figure 1.

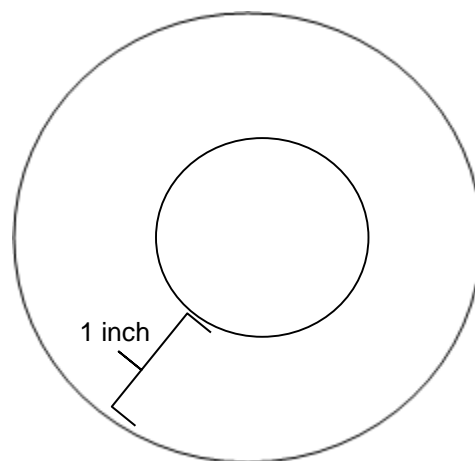


Figure 1

Cut out the large circle. In small increments, cut tabs in the paper, all the way around large circle, just to the smaller circle. Cover the top of the lid with glue. Lay lid with glue, top side down on the small circle. Glue one tab at a time, down the side and onto the underside of the lid. Repeat until all tabs have been glued down. Allow to dry well, before placing on jar.

Decorating lids with lids and rings is as easy as cutting out a fabric circle 1 to $1\frac{1}{2}$ inches in diameter larger than the lid. Cover the lid and screw on the ring. Paper cupcake or muffin liners can be used in place of fabric.



Frosted Jar Lantern

Conservation principle: reuse and repurpose

Supplies:

- 1 large jar, cleaned and prepared
- 1 yard (approximately) of medium gauge wire
- 1 can frosted glass spray paint (there will be enough paint for several jars in each can)
- 1 strip (3 inches) orange duct tape (optional)
- 1 strip (3 inches) black duct tape (optional)
- 1 piece of parchment paper (optional)
- 1 tea light

Directions:

1. Wrap wire around the top of the jar a couple times, weaving an end through the top and bottom wire to make a handle. Curl wire ends with a pencil.
2. Holding jar by handle, spray the outside of the jar evenly with frosted glass spray. Allow to dry several minutes.

If not decorating lantern stop here.

3. Adhere one strip of each color of duct tape to parchment paper. Turn over tape to expose parchment paper. Draw 5-7 circles on the black duct tape and a carrot shaped "nose" on the orange duct tape. Cut out shapes.
4. Remove parchment paper from shapes and affix circles and "nose" to the jar to make a snowman face.
5. Place tea light in jar and light.

Sugar Scrub Jar

Conservation principle: repurpose

Supplies:

- 1 small, 6 to 8 ounce jar, cleaned and prepared
- white sugar
- liquid dishwashing soap with added moisturizers
- 1 plastic knife

Directions:

1. Fill jar $\frac{3}{4}$ full with sugar.
2. Pour in dishwashing soap almost to the top of the jar.
3. Using the knife as a paddle, mix the sugar and soap well.
4. If mixture is runny, add more sugar and continue mixing. If mixture is very thick, add more soap.
5. Once desired consistency is reached, top with a decorative lid.

To use: Scoop scrub from jar and rub liberally on wet hands. Rinse with warm water.



Magnificent and Marvelous Candy Jar

Conservation principle: Reuse

Supplies:

- 1 small decorative jar (6 to 8 ounces)
- Candy coated chocolate pieces (to fill jar)
- Tag for poem

Directions:

1. If necessary, decorate jar lid.
2. Fill jar with candy pieces.
3. Attach the poem below to each jar as a tag or as a label.

Green is for inspiration – bold and creative.

Blue is for patience – slow and steady.

Orange is for compassion – warm and caring.

Yellow is for happiness – laughter and smiles!

Red is for love – precious and true.

Brown is for all these things

You've placed in my hands

And melted into my heart, forever!

You're my "m" & "m"!

Magnificent and Marvelous



FOR TAG: CUT ALONG OUTSIDE DOTTED LINES

CUT ALONG THE HORIZONTAL MIDDLE DOTTED LINE, DIVIDING THE TWO TAGS

FOLD ALONG THE CENTER LINE; WRITE NAME OF GIFT RECIPIENT ON OUTSIDE OF TAG

FOLD HERE

	<p>Green is for inspiration – bold and creative. Blue is for patience – slow and steady. Orange is for compassion – warm and caring. Yellow is for happiness – laughter and smiles! Red is for love – precious and true. Brown is for all these things You've placed in my hands And melted into my heart, forever! You're my "m" & "m"! <i>"Magnificent and Marvelous"</i></p>
	<p>Green is for inspiration – bold and creative. Blue is for patience – slow and steady. Orange is for compassion – warm and caring. Yellow is for happiness – laughter and smiles! Red is for love – precious and true. Brown is for all these things You've placed in my hands And melted into my heart, forever! You're my "m" & "m"! <i>"Magnificent and Marvelous"</i></p>

MOM'S SIX BEAN SOUP MIX

Budget Savvy Gift Idea

Supplies and Ingredients:

1 quart canning jar

The following dried beans:

½ cup red beans

½ cup navy beans

½ cup pinto beans

½ cup baby lima beans

½ cup kidney beans

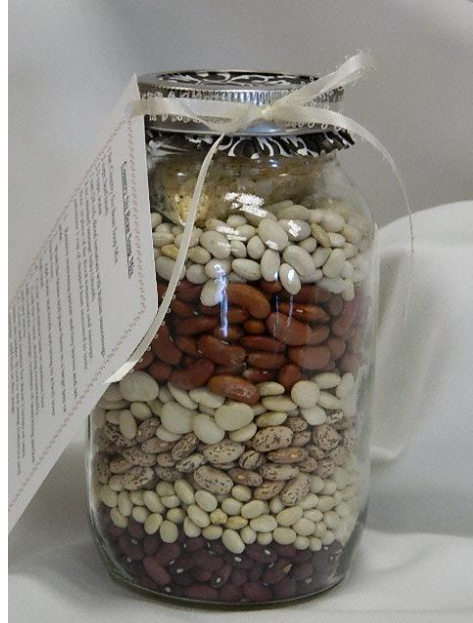
½ cup great northern beans

2 bay leaves

2 tablespoons dried minced onion

1 tablespoon dried parsley

1 teaspoon garlic powder



Mom's Six Bean Soup Cooking Instructions

Ingredients:

1 jar, Mom's Six Bean Soup Mix

2 cups beef broth

2-3 cups water

1 cup chopped ham, seasoned to taste

Directions:

1. Remove seasoning packet and bay leaves from jar and set aside.
2. Wash and rinse the beans well, removing any stones or other debris.
3. Place clean beans in a large pan or Dutch oven.
4. Add the water and broth and bring to a boil over high heat.
5. Cover and reduce heat to medium low.
6. Cook for 1 hour, stirring occasionally.
7. Add ham, contents of seasoning packet and bay leaves.
8. Cover and simmer for about 2 hours or until beans are tender.
9. Remove bay leaves and enjoy.

Nutrition Facts

Serving Size 1 1/2 cups (327g)

Servings Per Container 6

Amount Per Serving

Calories 380 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 300mg **13%**

Total Carbohydrate 58g **19%**

Dietary Fiber 7g **28%**

Sugars 2g

Protein 28g

Vitamin A 4% • Vitamin C 0%

Calcium 10% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Apple-on-Top Dip Jar

Budget Savvy Gift Idea

Supplies and ingredients:

- 1 8-ounce block Neufchatel cheese, softened
- 2 cups caramel dip, purchased
- ¼ cup milk chocolate toffee chips
- 3 apples
- 3 decorative half pint short canning jars

Directions:

1. In a medium mixing bowl, mix cheese and 1 cup of caramel dip until blended.
2. Divide cheese mixture into three decorative jars.
3. Spread ⅓ cup of caramel dip on the top of the cheese mixture in each jar.
4. Sprinkle ¼ cup toffee chips on top of the caramel in each jar.
5. Cover and refrigerate until ready to package.
6. Wash apple and place on top of decorative jar.
7. Wrap with plastic or cellophane wrap and tie with a gingham and raffia ribbon.

Keep dip jars refrigerated. If giving as gifts, make sure recipient has access to refrigeration when gift is given.



Nutrition Facts	
Serving Size (287g)	
Servings Per Container	
Amount Per Serving	
Calories 1090	Calories from Fat 430
% Daily Value*	
Total Fat 48g	74%
Saturated Fat 24g	120%
Trans Fat --g	
Cholesterol 95mg	32%
Sodium 960mg	40%
Total Carbohydrate 154g	51%
Dietary Fiber 0g	0%
Sugars 128g	
Protein 15g	
Vitamin A 20%	• Vitamin C 0%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CUP O' COCOA SNOWMAN JAR

Conservation principle: reuse and repurpose

Supplies:

- 2 baby food jars (stage 2), cleaned and prepared
- Heavy duty craft glue
- 1 bottle black craft paint
- Craft paint brush
- 1 bottle orange puffy paint
- 1 bottle black puffy paint
- 1 scrap of fabric
- Powdered hot chocolate mix
- Marshmallows

1. For snowman body, place lid on jar. For snowman head, stack a second jar on top of the body jar. According to the baby food brand, you may find a slight variation in jar size. Use the smaller jar for the head.
2. Glue bottom of the head jar to the top of the body jar lid. Following the glue directions, allow glue to set.
3. While glue is setting, paint head jar lid with black craft paint.
4. Using the puffy paint, make a snowman face and buttons on the jars. Allow to dry.
5. Once jars are dry, fill bottom jar with hot chocolate mix. Six tablespoons* will fit in the stage 2 jars. Fill top jar with marshmallows.
6. Reassemble jars and tie fabric scrap around top of body jar for a scarf.

*6 tablespoons will make 2, 6 ounce cups of cocoa. Mix 3 tablespoons cocoa mix with hot water or milk to make one serving.

Yield: 2, 6-ounce cups

Serving Size: 1, 6-ounce serving

NOTE: This project requires about 4 hours of drying time.



Nutrition Analysis:
(made with 3
tablespoons cocoa
mix and hot, 2% milk;
1 large marshmallow
or 5 mini
marshmallows)

Nutrition Facts

Serving Size 3 tablespoons (192g)
Servings Per Container 2

Amount Per Serving

Calories 160 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 85mg **4%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **8%**

Sugars 20g

Protein 7g

Vitamin A 4% • Vitamin C 0%

Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

References:

Henningsen, T., Osborne, A., Lee, B. 2010. HENV-101 Household Waste Management: Reduce. Available at <http://www.ca.uky.edu/agc/pubs/henv/henv101/henv101.pdf> (accessed 8 Aug. 2012) University of Kentucky Cooperative Extension, Lexington, KY.

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