



4-H Apparel and Textiles -Sewing Up Cycle It! 4-H Member Project Guide

Reduce, reuse, refashion – Up cycle! Take something old and make something new. Turn discarded and out of style garments into new fashionista dreams. This is your most eco friendly sewing choice. Because the actual fabric being used requires nothing new to be produced, and prevents adding waste to landfills. If it's from your own closet, it won't cost you a cent!

DO: Evaluate items of clothing for reuse by asking these questions:

- Is the color flattering to the wearer?
- Can the item be dyed to create a more attractive color?
- Are there stains or worn spots that can be removed or covered?
- Is the fabric washable or will it require dry cleaning?
- Can you re-hem the sleeves, change the buttons, or add trim to make a new look?

Before throwing out worn garments, check the following:

- Buttons
- Hook
- Belt buckles
- Zippers
- Ruffles
- Pockets
- Other embellishments

If these items are in good condition, remove and save for future use.

APPLY: Using new skills from the above and ones you have learned in previous sewing projects, complete a project and remember to keep a record of what and how you created it.

Project suggestions:

- Restyle wide-leg slacks to give them a more contemporary look.
- Restyle a pair of out-grown blue jeans into a fashionable tote or shoulder bag.
- Convert an oversized shirt into a fashionable skirt.
- Convert an oversized skirt into a fashionable top.
- Convert a dress into a top or skirt.
- Refashion a jacket into a vest.
- Use embellishments from one garment and transfer them to another garment

Sew and exhibit your Up Cycle Item: item made from recycled/repurposed garments and documentation folder: Sew/reconstruct a garment or fashion accessory from previously worn garments. Recycled fabric is to be the major component of the item. Recycled garments may be cast-offs from the member's family/friends or purchased at a yard sale or similar low cost source. **Additional documentation is required.** In documentation include the following: your name, your county, the name of the unit, class entered, number of years you have been sewing; a **"before" photo** of all recycled items used; source of the recycled garment; how the design was created; and any design drawings that were used in the creation. Place documentation in a folder or plastic sheet protector. "Deconstructed" t-shirts which do not include sewing skills do not fit this class. Items for the home do NOT fit this class. Two classes are available—one for junior members ages 9-13 and one for seniors ages 14-18.

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