


**INSTRUCTIONS FOR NATIONAL SCHOOL LUNCH WEEK COSTUMES
FROM THE
SCHOOL FOOD AND NUTRITION OF NEW ORLEANS**

For each costume you will need a piece of Pelion (available at Wal-Mart or a fabric store) this product comes in different weights use the heaviest weight. You will then need 10 pieces cut in 3 foot lengths. Carefully fold in half (do not crease, just bend) to cut in a heart shape; use the entire piece to make the heart (since our children love school lunch). You will do this for each of the costumes 10 pieces one front and one back. Save the scraps from the heart shapes these pieces will be used for the straps.

<p style="text-align: center;">"Sally Salad"</p> <p>Materials Needed</p> <ul style="list-style-type: none"> • Small basket (could be purchased from the dollar store) • Tissue Paper: dark green and light green • Felt: red (lips, tomato slice), white (eyes), green (eye brows and nose), tan (croutons) and brown (bacon bits) • Curly ribbon: black (for eye lashes) orange (for carrots in the salad) • Ping pong balls: 3 (to be used as tomatoes) • Paint: red • Permanent Markers: red, blue and black (sharpie markers work best with the fine point) • Hot glue gun • Ribbon: red and blue (1/2") • White pipe cleaners: 2 • Eyes: 2- 1 1/2" 	<p>You will need to cut the basket in half (use a heavy duty kitchen shears). Take the two pipe cleaners fold in half; weave through the bottom of the basket. Twist slightly and leave the two ends facing up toward the top of the basket, make sure the basket is centered before you use the hot glue to glue in place. This is reinforcement for the basket. Once the pipe cleaners are set go ahead and glue down the basket, use a lot of the hot glue and let set before you continue.</p> <p>While your basket is setting, go ahead and paint your ping pong balls with the red paint. You can also cut out your tomato with red felt, the croutons out of the tan felt and bacon bits with the brown felt. To make the features stand out, outline the eyes, lips and tomato slice with the black sharpie marker. Curl the orange ribbon for carrots and three pieces of the black ribbon for the eye lashes.</p> <p>Once your basket is set begin filling with the tissue paper, alternating the light and dark green. When you have your paper like you want it glue the paper down in spots to hold in place. Then begin gluing the other pieces in place. Glue the eye lashes to the eyes first, then glue the eyes in place, nose, eye brows, tomato slice, then continue on to the items in the basket. Your tomatoes, croutons, bacon bits, and carrots.</p> <p>The front and back of each costume is outlined in blue and red sharpie marker (----). The lettering is done in 4" and 1 1/2" stenciling. The word "Vote and the name of the character is done in 4" and the word "For" is done in 1 1/2" lettering.</p> <p>The ribbon is sewn on waist high, front red and back blue. The straps are 10" long and 1 3/4" wide, made of the scraps from the heart cut outs. These pieces are also sewn on. Before you sew them together, make sure you have the right front, with the right back.</p>	
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"Ricky Chicken"

Materials Needed:

- Cotton Batting (in a roll)
- Felt: tan (eye brows, nose, upper & lower lip), red (tongue), white (mouth)
- Sun glasses: from the dollar store
- Paint: brown and yellow (these colors were mixed together to get the golden fried chicken look)
- Markers: brown and black sharpie for outlining
- Hot glue gun
- Sponge: (used to sponge on paint)

You begin by drawing the outline of the chicken from the top to the bottom of the costume in pencil. Once you are happy with your design out line it with the brown sharpie.

Working from top to bottom, put your hot glue and place the batting inside the outline. Only do a small space at a time because the hot glue cools off very quickly. Be careful not to burn yourself. Keep working the batting in so you have a full looking chicken.

While the hot glue is setting on the batting, mix your paint until you get the golden brown color you need. Remember there is no wrong color, when it looks good to you that's the color. Once you have the color, dampen your sponge, then dip the sponge in the paint and begin sponging the paint on the chicken. Cover the entire chicken with the paint.

Now you can cut out the eye brows, nose and mouth while the paint is drying. Remember to out line the pieces with the brown sharpie before you glue them on. When gluing the pieces on, begin with the eyes (this is the sunglasses, cut the sides off, then glue down with hot glue). Glue the eye brows, nose and then the mouth.

Before you sew on the ribbon and straps, let the costumes dry overnight. This will ensure that no pieces will fall off. But again it's not a problem, just get out the glue gun and glue again.



"Heddi Spaghetti"

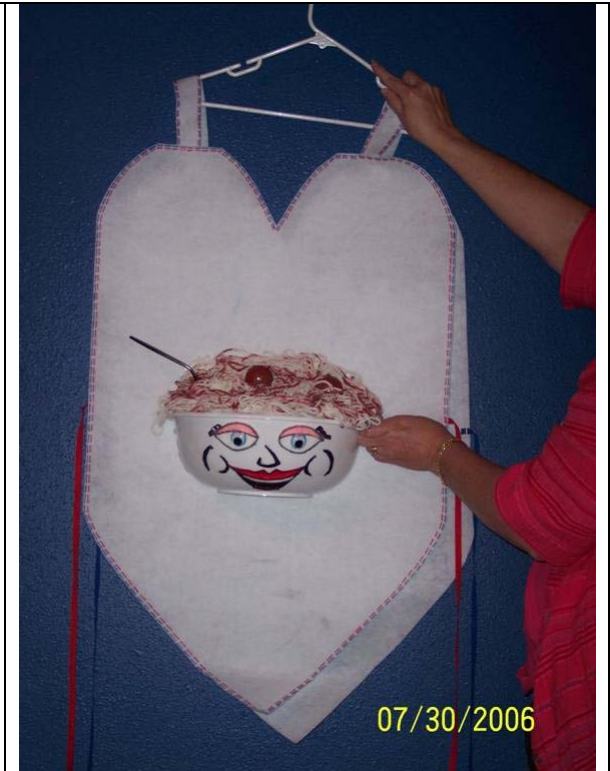
Materials Needed:

- Large White Bowl: purchase from the dollar store
- White tissue paper: put inside of bowl before the yarn
- Off white yarn: spaghetti
- Red and brown paint: (mixed together to look like sauce)
- 4 golf balls: paint brown to look like meatballs
- Plastic fork
- Felt: pink (top of eyes), white (eyes), black (nose, mouth and dimples), red (lips), white (inside of mouth)
- Black curly ribbon: for the eye lashes
- Markers: black and blue
- Tissue paper: White

Begin by cutting white bowl in half with kitchen shears. Glue bowl in the center of the front of the costume, using the hot glue.

While the bowl is setting, cut out the facial pieces and paint the golf balls with brown paint. Remember to outline the facial pieces with the black marker. Glue the eye lashes to the pink top of the eye. Outline around the squiggly eye in blue, after you glue it to the white piece of felt. Place pieces on bowl, then glue in place once you have them where they need to be.

Once the bowl is set, fill the bowl with white tissue paper (about 1/2" from the lip of the bowl). Put some hot glue in spots to hold the tissue paper in place. Now begin placing and gluing the yarn on top of the tissue paper. Glue some yarn up onto the costume to give it some height, make it look full. Then take your four meatballs and glue them in place, spread them out on top of the spaghetti. Now mix the brown and red paint together until you have the color of red sauce (mix the brown paint into the red, until you have the color you want). Now take your dampen sponge and sponge the paint onto the spaghetti, don't forget to put some paint on the meatballs also. You don't need to cover all the spaghetti; just enough to look like sauce. Glue the plastic fork in place and Heddi Spaghetti is complete.



"Pete Pizza"

Materials Needed:

- Baseball cap or painters cap
- Cotton batting
- Felt: Tan (crust of pizza, eye brows, mouth), red (pepperoni, mouth), green (tops of eyes and peppers), white (mouth, P on baseball cap, back of eyes)
- Paint: brown and yellow (mixed together for the cotton batting), red, blue (for the hat)
- Markers: brown, red, black
- Eyes: 2 -1 1/2"

Draw the pizza shape in pencil first, leave a 1" space on the left hand side to give a 3-d effect for the pizza sauce. Once you have it drawn the way you want it begin to outline it in the brown sharpie. The 1" space you left you will fill in with red and brown to give the effect of pizza sauce and crust (refer to the picture below). When you begin gluing the cotton batting on the pizza shape leave this on flat to give the effect of a cheese pizza slice (you will need to cut the batting to fit the shape).

Once the batting is glued down, begin to mix your paint (yellow with a small amount of brown to give it a golden color). You have your color, dampen the sponge and sponge the paint on until the entire surface is covered. Remember, have a few darker spots just like it came out of the oven.

Let the paint dry, cut out the pieces for the top crust, eye brows, side of mouth, and dimple (tan felt). Tops of eyes and peppers (green felt). Pepperonis and mouth (red felt). The backs of eyes and top of mouth (white felt). Outline all pieces with the brown sharpie marker, this helps the pieces stand out more on the costume.

Paint the baseball cap with the red paint and the brim of the hat in blue. Cut a circle out of white felt, put a P inside the circle with a black sharpie and then outline the circle in black. Glue the P on the front of the baseball cap.

After you have glued all the pieces on, then glue the baseball cap last. At the top of the pizza where you have the crust, color in with a red marker some pizza sauce by the top crust.



"Rocco Taco"

Materials Needed:

- Piece of Pelion 10" wide and 22" long; this will be the taco shell
- Paint: yellow and brown (mixed together to paint the taco shell)
- Tissue paper: light green and dark green
- Yarn pieces: yellow (dark and light to be used as cheese)
- Cotton batting: the inside of the taco
- Red cut up paper: used for taco sauce
- Felt: red (eye brows), white (inside of eyes, inside of mouth), green (top of eyes), black (top of mouth and bottom dimples).
- ¾" square piece of sponge
- Markers: black

Begin by cutting the piece of Pelion for the taco, round the top front of the shell and to secure the back for gluing you will need to cut 1 ½" tabs on the back of the shell. After you have it cut out mix the paint; start with yellow and add the brown to give you the right color. You will need quite a bit for the Pelion soaks up the paint. This will also make it stiff like a taco shell. Once it is dry, bend the shell in half and leave a 6 ½" opening in the front. Glue the shell down onto the costume, let the glue set before you begin the next step. Take the cotton batting and roll it so that you have a smooth front to glue the face on. Make sure the batting is not any taller than the taco shell, if it is just trim with a scissors. Once you have it in place glue it down with the hot glue, let set.

While this is setting you can cut out the facial pieces, red eyebrows, white pieces for the eyes, green felt for the tops of the eyes and red, black, white felt pieces for the mouth.

Take the brown paint, dampen your sponge and begin to paint the cotton batting covering all white spots with the brown paint. Be sure to cover the top also. After the paint has dried glue on your facial pieces, always place the pieces before you glue them to make sure you have them where you want them.

Take the red cut up paper and glue in between the taco shell and cotton batting (meat).

The tissue paper is next (lettuce for on top of the taco). Mix the light and dark green together. Cut pieces of yarn for the cheese, put drops of glue then drop the cheese in place. Glue some of the cut up red paper on top of the taco for the taco sauce effect.

I hope these instructions are helpful for you to have fun with National School Lunch Week. If I can be of any further help: my E-mail address is zepolr@bellsouth.net.

