

# **Instructions for cutting plastic bags & creating recycled plastic yarn, also known as “plarn”**

## **Cutting**

Lay recycled bag out flat. The smoother the bag, the easier the cutting will be.



Fold in half lengthwise then fold in half again



Cut off top handles



Cut bag in strips about 1” – 1 ½” wide



Discard the end of bag where bottom edge was glued, along with the handles. These can be recycled at a grocery store if you wish.

## **Tying strips together**

Take two strips and inter-twine together as shown



Gently pull on ends to knot two strips together



Connect next strip to last strip in the same manner



Continue connecting strips and roll them into a ball of “plarn”.



**Tips:**

Don't use your good fabric scissors to cut the bags, because it will dull them.

Pull ends evenly to create a smooth and flat strip. If you find your strip doesn't lie flat between knots, you didn't pull evenly which creates a bunched strip. Just make sure your strip is even before you pull your knot tight between the two connected strips. To fix a bunched strip, just loosen your knot between the strips then pull on the ends again to make your strip flat and smooth.

Make sure bags are clean. Wash and dry if necessary. Especially a concern if the bag had meat in it that may have leaked blood, juices, etc. Also – please do not use produce bags – the thinner bags by the produce section – because these are too thin.

It's easier to roll the plarn into balls about grapefruit size. You probably wouldn't want much bigger than basketball size. Grapefruit size is about ten bags' worth, and basketball size is fifty bags' big. However, it's your preference.

**Crocheting the plarn into a sleeping mat:**

You will need a K or Q (adjust based on how you crochet) and a measuring tape. The recommended size for a child's mat is 36" x 48". The recommended size for an adult's mat is 36" x 65". Use the plarn as regular yarn – make a chain 36" long and then add two more stitches to turn. On the next row, start crocheting at the second stitch in. Continue back and forth with two extra stitches on each end to keep the edges of the mat flat.

Wrap: To make the strip that can be used to wrap around the bag for easier carrying, crochet a chain around 74" long and attach for a circle. Single crochet for two or three rows, or until it is 1½ - 2" wide.

*Thank you for your service!*

*Please contact Diane Nalefski if you have any questions or suggestions*