

**#KeepItTeal**



**Kidswithfoodallergies.org**<sup>TM</sup>

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Print in "reverse" or "mirror" on T-Shirt Transfer Paper.  
Follow manufacturer's directions.

**#KeepItTeal for a safe and healthy Halloween**

Offer non-food treats that are safer for children on special diets.



**KIDS WITH  
FOOD ALLERGIES**  
A Division of the Asthma and Allergy  
Foundation of America

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## Ideas for #KeepItTeal Fabric Crafts

Print image in "reverse" or "mirror" on T-shirt Transfer Paper. Follow transfer paper manufacturer's directions for printing and fabric application.

Items to put image on (best on white or light colored fabric):

- T-shirts
- Canvas bags
- Fabric banners
- Fabric cape

Keep it simple and just use the image. Or embellish it to make it your own!

After image is applied to fabric, outline or fill in using:

- Fabric paints - try neon or glow-in-the-dark
- Fabric glitter glue
- Embroidery
- Thin ribbon
- Small sequins or stones

Don't forget to share your #KeepItTeal project with us at <http://community.kidswithfoodallergies.org/set/keep-it-teal-halloween-pumpkin-food-allergies-2015>



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