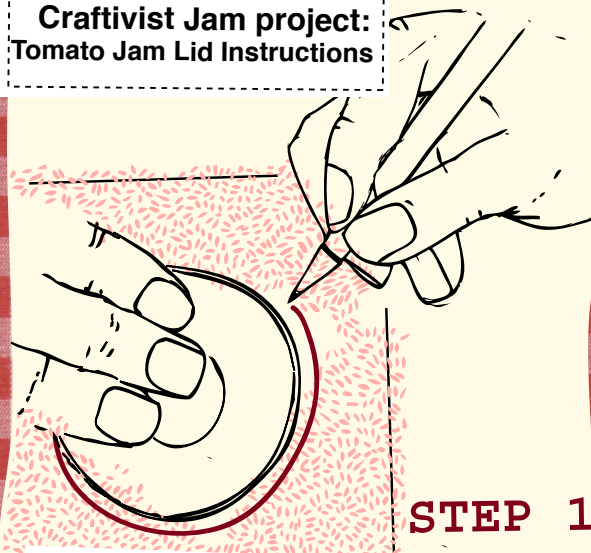


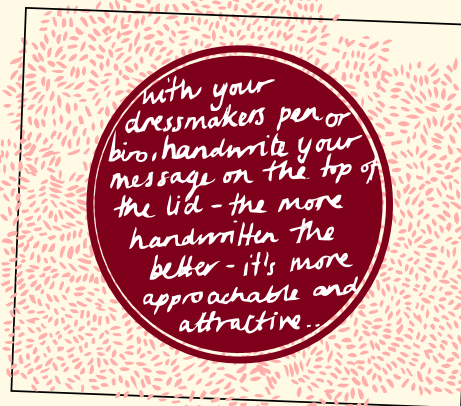
**Craftivist Jam project:
Tomato Jam Lid Instructions**



STEP 1

Draw around the jam jar lid on a piece of fabric (with chalk or a dressmakers pen ideally) so you know the size of your lid surface to stitch on

STEP 2

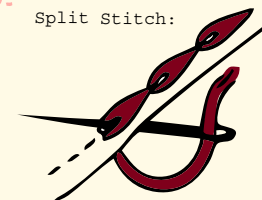


If you have an embroidery hoop, cut around the fabric into a large square so the hoop has enough fabric to hold firm. If you don't have a hoop you can still stitch around your patch.

STEP 3



Split Stitch:



Cut your thread to arms length, approximately 60cm long and split the thread in half so you have 3 strands. Pick up your needle and stitch over your message written in pen, with a split stitch.

STEP 4



cut around the edge of the penned lines approximately 5cm around minimum preferably with pinking shears to get the cute zig zag edge.

STEP 5



Tie your lid around the closed tomato jam jar with ribbon, string or elastic band.

STEP 6

Give to your MP:



Share with your friends and family:

Give to your MP to ask them to support the Oxfam's GROW Campaign, give to local food business to encourage them to stock more ethical products or give to your friends/family/contacts to talk about Christine's jam, her moving story and how we can all be part of the food solution not problem.