



Meals on Wheels

We accept placemats and potholders for [Meals on Wheels](#). Items are accepted throughout the year with the intent to do a donation halfway through the year (June) and then one at the end of the year (December). Meals on Wheels has four service centers around San Diego County and our donation will be split between the North and Metro Service Centers, as this is where our guild members are primarily located.

If you are in need of supplies for this (scrap batting, Insulbright, fabric), please contact sdmqgcharity@gmail.com.

Placemat Instructions

Size: Placemats should be approximately 12" x 18" but can be as large as 14" x 19".

Your placemat should be layered just like a quilt:

- Top
- Batting
- Backing

Quilt and bind as desired when complete.

Potholder Instructions

Size: Potholders should be around 9" square.

Get creative on the shape of your potholder - you don't have to stick to a square. Try rounding the corners or just two, make it into a hexagon, add a pocket - there's a wealth of tutorials and ideas around online if you need some inspiration. If you're wondering where to start, this project is perfect for any orphan blocks you may have lying around!

Your potholder should be layered as follows:

- Top
- InsulBright
- Cotton Batting
- Backing

Quilt and bind as desired when complete.

If you'd like your potholder to be a little loftier, you can add a second batting layer before the InsulBright in your potholder sandwich. Some members found in the first round of donations that they liked a different combination of or materials for the layers, so feel free to experiment with that, but do make sure there is more than sufficient layering.

Please try to stick to natural fibers (Cotton and Linen) as polyester can melt. Small tags to attach to the potholders that say DO NOT MICROWAVE are available from the charity coordinator. Hopefully these can deter anyone from putting these in the microwave, as InsulBright has a metallic layer to reflect the heat away from your hand.