DIY Ice Pack and Cozy Cover

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DIY Reusable Ice Pack and Cozy Cover - A must have for any family is to have multiple ice packs in the freezer. Between my husband's bock, my feet and knees and Noelle's random bumps and bruises, we use our ice packs rot her frequently I'm afraid. Recently I discovered just how easy it is to make reusable DIY ice pocks to keep in the freezer - they only require a few inexpensive ingredients and some fun food coloring. While I was thrilled with the little pocks, I found I was always trying to find towels to wrap around them so the ice pocks wouldn't be so cold against our skin. I thought they really needed a little cozy to go over them to make them perfect so I grabbed some leftover fabric and in no time at all I hod mode a cute little cozy cover for the ice pock.

DIY Ice Pack Recipe
Materials:

- **o Hand sanitizer**
- o Water
- o Food coloring (not necessary but it makes it easier to find & kids love the color - my daughter loves purple)
- o Freezer bog (heavy duty with double lock or zip lock if possible)

Directions:

1. Mix together I port hand sanitizer to 3 parts water, add food coloring and mix.
2. Put mixture in the freezer bag and place in the freezer. You may also want to double bag the first bog and seal the opening with tope as on extra security feature against leaks.

• There are many other DIY ice pock recipes out there too, just *toke* a peek at Pinterest if you'd prefer another **recipe.**

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Ice Pack Cozy
Materials:

- o Flannel fabric (it's nice to have a cozy fabric when you're putting something cold an your body)
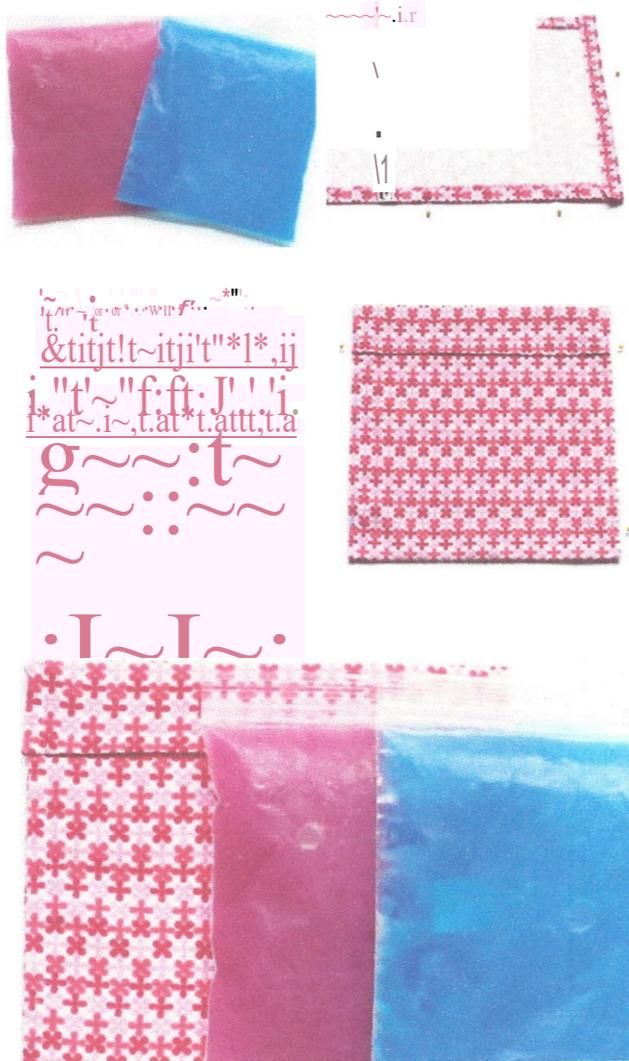- o Thread & pins
- o Fabric shears

Di **rections:**

1. Wash and dry fabric. Iran and then cut to size. I used a medium sized heavy duty freezer bag that **7" x 8.5".**
2. Cut out a piece of fabric that is 10" wide by 22" long.
3. Iron and pin down the fabric .5" all the way around the material. Stitch all the way around the fabric.
4. Along the long side, fold over the material 9.5" in, so that it's almost folded in half but you should have about 2.5" of fabric hanging over. Now take that 2.5" flap and fold it over so that it meets the top of the other end of the material (see 2nd row photos below). Pin into place. Sew from top of folded flop all the way around to the opposite side of the ice pack cozy (no need to sew the last short side).
5. Trim any hanging threads and insert ice pack into cozy.

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- Jamey

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About the author

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2 Comments on DIY Reusable Ice Pack and Cozy Cover

Jenny Palmer
November 6, 2013 *at* 2:11 AM (I month ago)

This is a great idea but was wondering what does the hand sanitiser do?

Reply

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Jamey
November 6,2013 at 8;03 AM (1 month ago)