

Fruit and Vegetable Costumes

This document is a compilation of ideas found on the internet for making fruit and vegetable costumes. They range from simple to more complex to cover a range of skills and the time required.

Thanks to the following websites from which the information was gathered:

www.coollest-homemade-costumes.com

www.kids-birthday-party-guide.com

www.bhg.com

www.marthastewart.com

www.thelongthread.com

Cardboard Sandwich Board Costumes

A sandwich board style costume made from cardboard is one of the simplest ways to make a fruit or vegetable costume. Pretty much any fruit or vegetable can be made in this style. Here is a step by step guide.

What you need:

- 2 large pieces of stiff cardboard
 - Paint and gloss spray, depending upon your design and the look you're going for
 - Ribbon or seaming tape
 - Simple clothes for underneath
1. Determine how big you need to make your shape depending on the size of your costume wearer and obtain stiff or corrugated cardboard of the appropriate size. You will need two pieces of this size, one for the front and one for the back.
 2. Draw the outline of your chosen design onto one of the pieces of cardboard. You may find it helpful to draw a small version of your shape first to help guide you when drawing the larger version. Cut the shape out using a craft knife – this will be the front panel of the costume.
 3. Place the cut out front panel onto the second piece of cardboard and draw around the shape. Cut out the second shape using a craft knife – this will be the back panel of your costume. Keep track of which is the front and back piece and which side is the inside and outside.

4. Using a pencil draw the basic details of your design on the front and back costume panels. Once you are happy with your design, trace over with a permanent marker to create painting guidelines. Depending on your chosen fruit or vegetable and ideas for decorating, you may just paint the panels one solid colour.
5. Paint your panels according to your design. You may need to paint detail lines in different colours depending on your design. You may choose to use glossy paint or gloss spray to finish your design off. Allow to dry and add any finishing touches to your design, e.g. cut out shapes for watermelon or strawberry seeds, textured surfaces for fruit skin.
6. The sandwich board needs to hang on the child's shoulders and fasten loosely near the waistline. Hold the front panel up against the child's chest to determine where to position the shoulder straps. Mark lightly with pencil at the top of the front and back panels at mid-shoulder. Cut slits with a craft knife using the pencil lines as a guide. The slits should be about 2cm long and at least 5cm from the top of the panel.
7. Place the panels with insides together and thread a ribbon or piece of seaming tape through the slits from front to back at each shoulder. Pull the ribbon/tape through the slits to form shoulder straps about 10cm long and tie a loose bow. Try the costume on the child and alter the ribbon/tape as needed to allow the panels to hang freely front and back.
8. Follow the same procedure to mark and cut slits for the waistline tie. Again, loosely thread ribbon or tape, try on and adjust as needed leaving enough slack so the child can walk in the costume.
9. It's probably most effective to dress the child in plain, solid coloured clothes underneath, e.g. a shirt and pants or leggings. You might choose colours that compliment the costume. You might like to also make an eye mask or hat, or use face paint to add to the costume.

Bunch of grapes – using balloons

What you need:

- 50 purple or green balloons (depending on the size of your child)
- 50 safety pins
- Purple or green t-shirt or long sleeved shirt
- Two pieces of green felt for leaves, plus something to fix them onto – hair slides, combs, or a beanie/hat.
- Lots of puff!



This bunch of grapes costume is quite straight forward and cheap to make, and it looks fantastic. The key is the placement of the balloons.

1. Firstly blow up all the balloons and dress the child in the purple/green t-shirt and pants they will wear. Plain purple or green pants or leggings can work well, or black is a good alternative.
2. Taking care, attach the first 10 balloons to the child's shirt using the safety pins. Stand back and have a look for bare spots to place the next 10 balloons in. Repeat this process until all the balloons are attached. Aim to have more balloons towards the child's shoulders than waist and legs to reflect the shape of a bunch of grapes.
3. Cut two leaf shapes from the two pieces of green felt. Use a marker pen to draw veins on the leaves and glue to the hair slides, combs or hat.

Bowl of Salad

What you need:

- Cardboard box large enough for the child to wear with top and bottom removed and Shoulder Straps made from ribbon or tape attached (this will form the base of the costume)
- Keep some of the card from removal of the top and bottom of the box to make the serving utensils from.
- Different green shades of tissue paper (lettuce)
- Red balloons (tomatoes)
- Coloured foam paper/felt/coloured card (other salad vegetables such as cucumber, carrot, egg, red capsicum, olives)
- “Wood look” contact or brown paint



- 2 cardboard tubes, such as wrapping paper tubes (salad servers)
- Glue

1. The cardboard box forms the base of this costume. A rectangular box with narrower sides and big areas front and back works well. Otherwise, you can always bend your box if it is square to make the sides narrower. Make shoulder straps for the box so it can be comfortably worn by the child.
2. First cover the back and sides of your box with the “wood look” contact – this forms the salad bowl. If you don’t have contact, paint the back and sides brown.
3. From the cardboard saved from removing the top and bottom of the box, cut out the fork and spoon shapes for the ends of the salad servers. Make them an appropriate size to fit into the cardboard tubes of your servers. Attach the cut out shapes to the ends of the tubes using glue, staples or tape and cover the servers in “wood look” contact or paint.
4. Use the tissue paper in different shades of green to form the lettuce. Cut or tear out different sizes and shapes that look like lettuce leaves. Crumple these shapes up a little and glue, tape or staple to the front of the box. Make other salad ingredients from coloured foam paper, felt or coloured card. Slightly inflate red balloons to form the tomatoes. Arrange all these other salad ingredients on the lettuce and attach using glue, tape or staples.
5. Make a hat by attaching tissue paper lettuce and other salad ingredients to a beanie, hair slide or headband.

Pea Pod

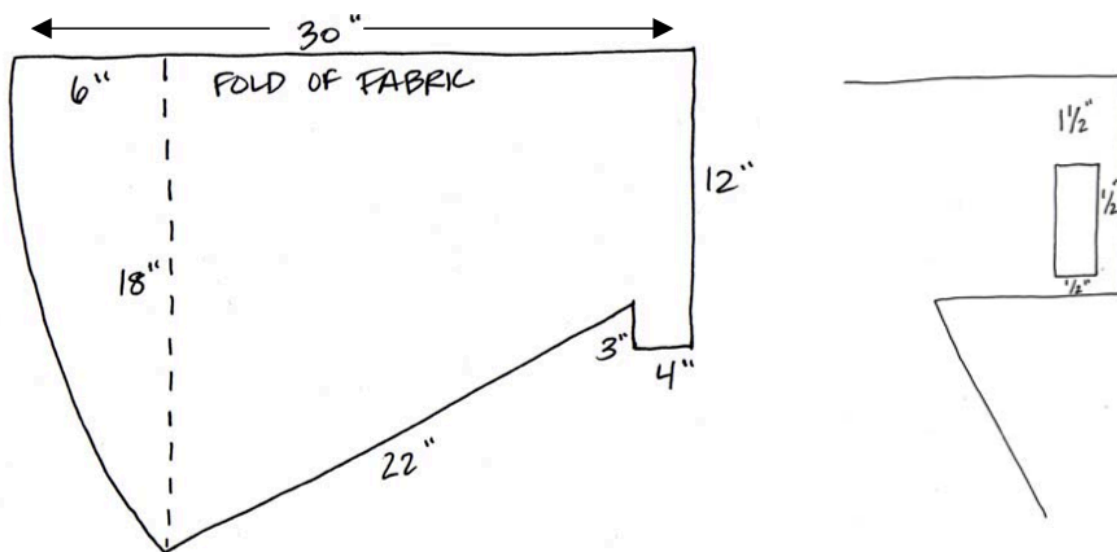
What you need:

- Green clothes form the base of this costume. For example, a green t-shirt and pants, leggings or skirt.
- Two styrofoam balls cut in half, or 4 green balloons
- Green fabric/felt to cover the Styrofoam balls and to make a cape from (approx 0.9m/1 yard, depending on the size of the child)
- 5cm of velcro
- Darker green felt to make leaves from (for hat)
- Dark green pipe cleaners (for stems)
- Beanie, headband or hair slide to attach leaves and stems to for head, as an alternative to a hood on the cape



1. Cover the halved Styrofoam balls with green fabric/felt and attach to the shirt with fabric glue. If using balloons instead, inflate the 4 balloons and attach to the shirt using safety pins.
2. Make the cape by following these instructions. Note – the cape made here doesn't have a hood like the one pictured. Alternatively, look for a cape pattern with a hood. Using felt gives the advantage of not needing to turn over and sew all seams. The width of the fabric forms the length of the cape. 30" or 0.76m width fabric (or greater but cut to size) should be fine for a 5 or 6 year old. For older children, increase the width of the fabric/length of the cape as needed. The length of fabric you buy forms the width of the cape. 1 yard or 0.9m of fabric should be fine for a 5 or 6 year old. For older children, increase the length of fabric bought/width of the cape as needed.
 - a. Fold your fabric in half along the width. Reproduce the pattern below using paper or simply use the measurements to mark your fabric. Cut your fabric using the pattern/measurements, do not cut along the folded edge. The 6" and 18" measurements are provided purely to help you cut the curve.
 - b. Sew the Velcro to the right side of the cape as illustrated in the diagram.

- c. Turn the collar over and press. Fasten the collar around the wearer's neck using the Velcro.



3. To make the hat, cut leaves out of green felt and attach to a beanie, headband or hair slide along with curly stems made from pipe cleaners.

Sandwich board style costume using fabric

What you need:

- 2 x 1m pieces of felt (dependent on the size of the costume wearer) to form the main part of the costume
- Additional felt for decorations, the size and colours of which will depend on your design
- Hot glue or sewing equipment



1. Decide on your design and make a small sketch to guide you when making the costume. This will also assist with deciding on the fabrics required.
2. Measure the costume wearer and decide upon the size of the costume, for example, 1m wide x 1m high.
3. Draw the design using the life sized measurements onto the two pieces of felt. Alternatively, draw and cut out a paper pattern of the design and pin onto the felt. Cut the design out of the felt, ensuring the two pieces (that will form the front and back of the costume) are the same size.
4. Draw and cut out any other shapes needed, for example, for leaves, seeds, or other decoration.
5. Using the hot glue, glue the decoration onto the front or back (or both) of your costume and allow to dry.
6. Using hot glue, glue the front and back pieces together ensuring gaps for head, legs and arms are left open.
7. Allow all glue to dry before wearing.
8. Alternatively, sew the decorations on and pieces together.

Ear of corn

What you need:

- Green roll neck, long sleeved shirt or t-shirt to wear underneath
- Yellow or green leggings, tights or pants to wear underneath
- Adult or large size green t-shirt, long sleeved shirt or sweat shirt
- Egg cartons
- Yellow paint
- Hot glue
- Green felt – approx 1m or 20 30x30cm squares
- Raffia



1. If you have a long sleeved adult/large sized shirt or sweatshirt, cut the sleeves off and save them to make the hat.
2. Paint the egg cartons yellow and allow to dry. Cut the egg cartons into a deep V-shape as in the photograph and hot glue onto the front of the adult size shirt.
3. If you have a length of felt cut it into long strips approximately 10-20cm wide.
4. Gather, pull and hot glue the felt onto the shirt around the egg cartons to create the look in the photograph.
5. If there are sleeves that were cut off the shirt, use one to make a hat. Simply cut the length according to the size of the wearer's head and gather at the top. Thread raffia through the top and glue in place. Tie off the gathered top of the hat to secure everything in place.

Carrot

What you need:

- Adult sized extra large orange sweatshirt or t-shirt.
- 250g bag of polyester fibre stuffing, or similar
- 3 metres green nylon netting or tulle
- String
- Sewing equipment.



1. If using a long sleeved shirt, cut off the sleeves saving one of them to make a hat.
2. Cut open the shirt's side seams and lay the shirt out flat with right side down.
3. At the shoulders, fold the outside shoulder edge into the collar seam. Sew the shoulder edges to the collar leaving a 10cm gap at the middle of both the front and back. Place stuffing inside the shoulders.
4. On both the front and back, fold the shirt into thirds at the bottom. Sew along the folded bottom edge to secure.
5. Sew from the armhole to the bottom of the shirt on both the front and back and stuff the front and back.
6. Cinch the carrot by tying five strings around the carrot front and back, letting the string ends hang from the knots to form roots. The top string should be positioned to prevent the stuffing from falling out. But otherwise sew or glue the top inside seam.
7. To make the hat, gather the netting together and secure with string. Take one of the shirt sleeves and push the netting into it tying with string to secure. Cut the length of the sleeve according to the size of the wearer's head.

Paper mache apple



What you need:

- Large inflatable beach ball or balloon sized to fit the costume wearer.
- Paper mache (lots of glue and newspaper strips)
- Red paper (such as wrapping paper) or red spray paint
- Cardboard roll from wrapping paper or kitchen towel (for stem)
- Brown spray paint (for stem)
- Green felt or cardboard (for leaf)

1. Inflate the ball or balloon.
2. Cover the entire ball with layers of paper mache, allowing it to completely dry between layers. The more layers applied the sturdier the costume will be. Eight layers should result in a durable costume but will take more than a week to do.
3. Cut out circles for the arms and at the top and bottom for the head and legs. Make sure the hole for the legs is big enough that the wearer can walk and get in and out of the costume. Save the circle from the top to make the hat. This cutting will pierce the ball or balloon, so remove the remains of the ball or balloon from the inside.
4. Once you are happy with the size of the holes, apply a final layer of paper mache to the costume and circle for the hat using the red paper. Be sure to wrap this final layer over the edges of the costume's holes for a neat finish. Alternatively, spray the costume using the red spray paint. Allow the costume to dry thoroughly.
5. For the stem for the hat, soak the cardboard roll in paper mache solution and squeeze and twist it into a stem shape. Allow to dry, this might take a few days. Once dry, spray paint the stem brown.
6. Draw and cut out one or two leaf shapes from green felt or cardboard. Make a hole in the centre of the hat and insert the cardboard tube stem. Secure on the underside with duct tape. Glue the leaf to the hat or stem. Glue elastic onto the hat for the wearer to put under their chin and hold the hat on.
7. A worm can also be made from a brown stocking with stick on eyes and glued to the inside of one of the armholes.

Pumpkin

What you need:

- 3 x 50x230cm size packages orange crepe paper
- 1 x 50x230cm size package black crepe paper
- Floral wire
- Sewing machine with orange and black thread
- White tissue paper for stuffing
- Seaming tape or ribbon in orange and black
- Craft glue
- 53cm black rickrack
- 1 roll green crepe paper streamer



Pumpkin Body

1. Enlarge the bodice template (see below) to 200% and cut out two front pieces and four back pieces from orange crepe paper. These will form the inside of the costume.
2. Cut four 50 x 110 cm rectangles from orange crepe paper. These will form the pumpkin shape on the outside of the costume.
3. With a 0.5cm seam allowance, sew the two front bodice pieces to two layers of the 50 x 100cm crepe paper rectangles. You will need to gather the outer rectangles to do this as you stitch the sides, armholes, shoulders and neckline. This helps to form the rounded shape for the pumpkin.
4. Gather the outer rectangles along the bottom seam and sew in place leaving a 10cm opening to enable stuffing. Stuff the front body with white tissue paper and sew up the opening.
5. With a 1.5cm seam allowance, sew the four back bodice pieces together along the centre back seam. Finish sewing 10cm from the neck leaving an opening to enable the costume to be put on. Fold out to give two layers of back bodice on each side and fold the seam open.
6. As for the front bodice, with a 0.5cm seam allowance, sew the back bodice pieces to two layers of the 50 x 100cm crepe paper rectangles. You will need to gather the outer rectangles to do this as you stitch the sides, armholes and shoulders. Before sewing the neckline, cut 10cm down the centre of the outer rectangles. Sew around the neckline and down each side of the slits at the centre back to accommodate the opening at the back of the bodice.

7. Gather the outer rectangles along the bottom seam and sew in place leaving a 10cm opening to enable stuffing. Stuff the back body with white tissue paper and sew up the opening.
8. Cut six 20cm ties from orange seam tape or ribbon and sew to each side under the arms and each side of the back neck opening. These will be tied to hold the costume closed once it is on the child.
9. Sew the front bodice to the back bodice at the shoulder seams.
10. Cut out shapes for the nose, eyes, and mouth of the pumpkin's face and glue to the front of the bodice.

Skirt

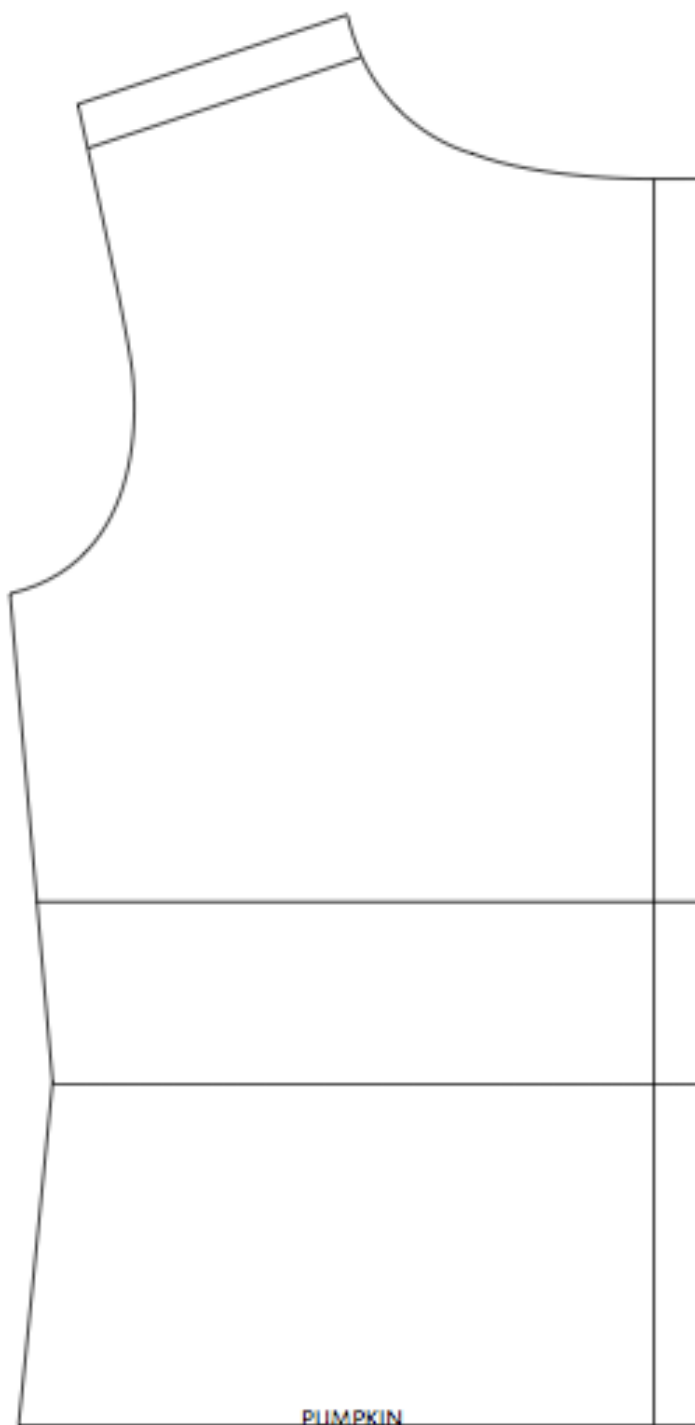
11. Cut four 10cm wide strips crosswise from the folded black crepe paper. These will be used for the skirt. Cut two lengths of black seam tape or ribbon, 20cm longer than the width of the orange bodice pieces.
12. Put two of the 10cm wide strips on top of each other and gather or pleat to the width of the bodice. Trim excess width off the strips if you have too much black crepe paper. Sew the two gathered strips to the centre of one of the cut lengths of seam tape or ribbon, leaving 10cm excess tape/ribbon either side. The excess tape or ribbon will form ties to help hold the costume on the child. Sew the pleated black skirt to the front of the bodice, leaving the ties loose at the sides.
13. Repeat with the remaining two 10cm wide black strips for the skirt on the back of the costume. Sew to the back of the bodice, again leaving the ties loose at the sides.

Hat

14. Cut a 50 x 55cm piece of orange crepe paper and a 1 x 90cm strip of green crepe-paper streamer, for the hat. Snip a length of floral wire to 30cm.
15. Fold the 50 x 55cm rectangle of orange crepe paper in half lengthwise. The folded edge will form the brim of the hat and the raw edges the top of the hat. Fold in half crosswise but take care not to crease the fold. Sew the two ends together with a 1.5cm seam allowance to create a cylinder. Turn right side out.
16. Sew a 53cm length of rick rack along the side of the folded edge and a 55cm length of black seam tape along the outside edge, overlapping by 1cm.

17. Gather the hat 8cm from the top edge and tie with thread. Cut downwards lengthways on the gathered paper that will sit inside the hat so that it will sit flat on the child's head. Open out the gathered, cut paper to form the hat shape and a small hole where the gathered paper is tied.
18. Bind the floral wire with the green crepe paper, pulling it taut as you wrap. Glue in place. Coil the end 10cm of the covered wire around a pencil, then remove the pencil. Insert the wrapped, coiled wire into the small opening at the top of the hat and glue in place.

Pumpkin Bodice Back Template – enlarge to 200%



BACK

Pumpkin Bodice Front Template – enlarge to 200%

