



## Eating Disorder Memorial Quilts



The Eating Disorders Coalition is now collecting panels for two memorial quilts. One will be dedicated to the memory of all people who have died from an eating disorder. This quilt will be displayed at EDC briefings, press conferences, and other awareness events.

The other quilt, in cooperation with the Lifekeeper Foundation, will remember people with eating disorders who died from suicide. In addition to EDC events, this quilt will be displayed in Washington at the National Suicide Awareness Event sponsored by the Suicide Prevention Action Network (SPAN).

*There is no charge for adding a block to either quilt, although donations are welcome.*

### Instructions for Eating Disorder Memorial Quilt Panels

- Base fabric should be white, preferably cotton. Kona cotton or bleached muslin, available in most fabrics stores, are a good weight.
- Start with a 16"x16" square and allow at least one inch of room for seams on all sides (finished blocks will be 14"x14").
- Be creative! Blocks might include name, photographs, birth and death dates, quotes, and symbols of a favorite hobby or activity.

Craft stores carry sew-on and iron-on appliqués with a variety of designs, including letters. Fabric paint and markers are another easy way to add color and artwork.

- Text and photographs are fairly easy to transfer onto fabric. Many office supply stores as well as craft and fabric stores carry special paper for this purpose. Use your computer to print the images onto the paper and then iron onto your fabric (follow instructions in the package). If you do not have a digital image, many copy shops can scan photographs for you.

**IMPORTANT:** Remember that you will need to print the images (and especially text) in mirror image onto the transfer paper so it will come out right on the fabric.

- Please do NOT fold your block once it is finished, because the creases may damage your transfer images. The best way to mail it to us is to wrap around an empty paper towel roll and then insert into a poster mailing tube.

Mail your completed panel to:

Eating Disorders Coalition  
611 Pennsylvania Ave SE #423  
Washington DC 20003-4303

**Questions? Please contact the EDC at [quilt@eatingdisorderscoalition.org](mailto:quilt@eatingdisorderscoalition.org)**