



Sewing Our Support: VBCF Heart Pillows!

GUIDELINES & DIRECTIONS



Fabric Preferences

Please avoid using holiday fabrics, as we send these pillows out year-round. Try to choose an uplifting pattern or color that will bring a smile to someone's face!



Iron-On VBCF Labels

We will provide you with custom iron-on labels with the Virginia Breast Cancer Foundation's logo and contact information on them. This gives folks a quick reference if they need to reach out to us for help.



Sizing: Use our Pattern!

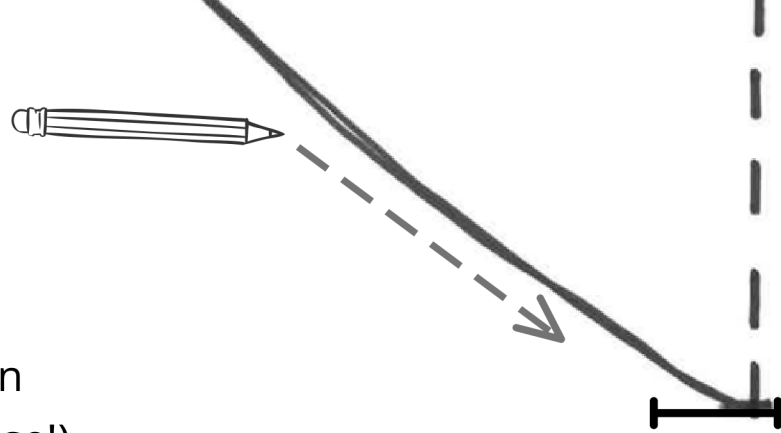
Use the Virginia Breast Cancer Foundation's attached sewing pattern as an easy reference! This size is perfect for multiple uses.

Contact Us:

help@vbcf.org
800-345-8223
www.vbcf.org

2821 Emerywood
Parkway, Suite 203
Richmond, VA 23294

Heart Pillow Instructions:



Materials:

- Cotton fabric in a fun color or pattern (No holidays or seasonal fabric, please!)
- Needle & Thread
- Cardstock or paper to trace this pattern
- Fiberfill pillow stuffing material
- VBCF Iron-on Label (VBCF staff will mail you these!)

Directions:

- You can start by using your cardstock or paper to trace the sewing pattern provided with this printout.
- Fold your fabric in half, trace the heart, and cut it out. Repeat with another piece of fabric for the other side of the pillow.
- Iron on the VBCF label to one of your heart cut-outs while the fabric is laid flat.
- Sew each side of your heart together with fabric turned inside out, but be sure to leave a 2-3 inch hole to insert the stuffing!
- Flip your pillowcase inside out so that your pattern is showing, and stuff the pillow with your poly-fill.
- Complete your heart by closing the 2-3 in opening, and your heart pillow is complete!
- Mail your pillows to our office at **2821 Emerywood Parkway, Suite 203, Richmond, VA 23294**. If you are in the Central VA area, we may be able to arrange a pick-up. Email help@vbcf.org to inquire. Please include your return address - we would love to thank you for your donation!

Thank You for Sewing Your Support!