

Homemade Art Supplies

Fruit and Veggie Paint – great way to use up fruit and veggies that are getting wilted or near the end of their life

- Use about $\frac{3}{4}$ -1 cup of fruit or veggies of your choice (blueberries, cherries, strawberries, spinach, carrots, beets, red cabbage are a few that I have found give you some good colour)
- Place them in a saucepan with about $\frac{3}{4}$ - 1 cup of water
- Bring to a boil. Lower heat to a simmer
- Reduce liquid until you get the richness of colour you like
- I tested the liquid a couple of times to ensure I had the colour I wanted

Spice paint

- Add about 1 heaping tablespoon of spice of your choice to a jar with a lid. Then add about $\frac{3}{4}$ - 1 cup of water and shake well. I find shaking it up in a jar really mixes it well.
- Place this mixture in a saucepan
- Bring to a boil. Lower heat to a simmer
- Reduce liquid until you get the richness of colour you like
- You may want to strain the liquid 1-2 times if you prefer something less grainy

Chalk Paint

- Crush or grate some sidewalk or chalk pastels
- Add water until you get the consistency you like

Other pantry item paint

- Use tea, coffee, vanilla etc.
- Place whatever you selected in a saucepan with about $\frac{3}{4}$ - 1 cup of water
- Bring to a boil. Lower heat to a simmer
- Reduce liquid until you get the richness of colour you like

Frozen Paint

- Add paint (I use tempera paint) or water with food colouring into ice cube trays. If using paint lightly spray or coat the ice cube tray before you add the paint. This makes it easier to get them out once they are frozen
- Fill ice cube trays about $\frac{1}{2}$ way and then add some sort of a stick to each of them. I find popsicle sticks work well
- Put prepared ice cube trays in the freezer. I find the time to freeze varies from freezer to freezer. The first time you may want to give the paint 24-48 hours to make sure they freeze completely
- After you are finished using the frozen paint for art. They can be refrozen so you can reuse them at another time

Food Colouring Paint

- Equal parts flour, salt and warm water (i.e. 1-2 cups of each)
- Add ingredients into a jar with a lid. Add food a few drops and shake well. I find shaking it up in a jar really mixes it well.
- Add more food colouring to get the colour you desire

Glue

- Equal parts flour with equal parts warm water (i.e. 1-2 cups of each)
- Add ingredients into a jar with a lid. I find shaking it up in a jar really mixes it well.