



Card 4 in my Nourish and Flourish kit alternate series. See the blog post for help making the Double Z Fold Card.

#### MEASUREMENTS

- Petal Pink Card Base: 11" x 4-1/4"  
Score at 5-1/2" & 2-3/4"
- Z Fold Mechanism: 9" x 3"  
Score 3", 6" & 9"
- Calypso Coral Background: (2) 4" x 2-1/2"
- Calypso Coral Background: 4" x 5-1/4"
- Calypso Coral for Z: (3) 2-3/4" x 2-1/2"
- Basic White (or Card Base Backs) for Z: (3) 2-1/2" x 2-1/4"
- Shaded Spruce Background: (2) 3-7/8" x 2-3/8"
- Shaded Spruce Background: 3-7/8" x 5-1/8"
- Printed Envelope for DSP: 3-3/4" x 2-1/4"
- Printed Envelope for DSP: 3-3/4" x 5"

#### INSTRUCTIONS

- Score the card base and the Z fold mechanism.
- Attach the card base panels and the Z fold panels with Seal Adhesive.
- Attach the double Z mechanism to the card base with Seal Adhesive.
- Decorate with stickers and die cuts from the kit.  
Tip I used a label from another language under the flower die cuts.

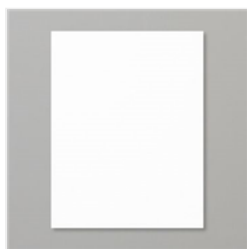


# Nourish & Flourish Double Z Fold [Card 3]

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Nourish & Flourish  
Kit - 160230



Basic White 8-1/2"  
X 11" Thick  
Cardstock -  
159229



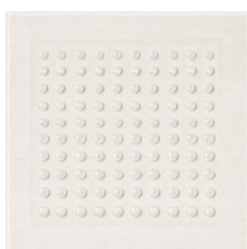
Petal Pink 8-1/2" X  
11" Cardstock -  
146985



Calypso Coral 8-  
1/2" X 11"  
Cardstock -  
122925



Shaded Spruce 8-  
1/2" X 11"  
Cardstock -  
146981



Opal Rounds -  
154289



Stampin'  
Dimensionals -  
104430



Stampin' Seal -  
152813