Knit For Food Beanie

Designed to commemorate the annual **Knit For Food** Knit-a-Thon, in which knitters support charities serving hungry people in the USA and around the world.

Disclaimer: I threw this pattern together in the few days leading up to the 2025 event. Please accept my apologies for any errors in the pattern! I will gladly correct them as soon as I discover them.

Materials

Worsted weight yarn, such as Malabrigo Rios or Cascade 220. I used Queensland Falkland Worsted and remnants of a couple of unidentified yarns I had on hand.

- Main Color - 170 yards
- Contrast Color A - approx. 60 yards
- Contrast Color B - approx. 20 yards
- Small amounts of various colors for duplicate stitching the fruit

Needles

US Size 6 and US size 8 circular, 16"
US Size 8 dpns
Or size that will give you the correct gauge

Gauge 20 sts in 4"

Size Adult medium

Abbreviations

CO = cast on	St(s) = stitch(es)	K2tog = knit two sts together
K = knit	MC = Main Color	SSK = slip, slip, knit decrease
P = purl	CCA = contrast color A	PM = place marker
	CCB = contrast color B	SM = slip marker

Brim

With smaller needle and CCA, using the long tail method, CO 100 stitches.
Join to work in the round, placing marker and being careful that the work doesn't twist.

Round1: (K1, P1) repeat all the way around.
Continue working 1x1 ribbing until hat measures 1.5"

Body of Hat

Round 1: Switch to larger needle, and continue with Contrast Color A. Knit all sts.
Round 2: Begin working Main Color, but *do not cut CCA*. Knit all sts.

Round 3: Knit to last st. Lift CCA strand up from where it was last used. Lay it over the strand of MC, then knit the last st with MC. *This method helps prevent a little gap at the beginning of the round.*

Begin working Chart, starting with Row 1.
Row 1:K1 CCA, (K2 MC, K2 CCA) repeat to last st, K1 CCA
Continue through Chart, working all stitches marked as duplicate stitch with CCA.

When you have completed the entire chart, measure length of hat from cast on. If it is not yet 5.5 inches, work stockinette stitch in main color until you reach this dimension.

Decrease section:
Round 1: (K1, K2tog, Knit 15, SSK, PM) 5 times.   (10 sts decreased = 90 sts)
Round 2: knit all sts, slipping markers
Round 3: (K1, K2tog, Knit 13, SSK, SM) 5 times.   (10 sts decreased = 80 sts)
Round 4: knit all sts, slipping markers
Round 5: (K1, K2tog, Knit 11, SSK, SM) 5 times.   (10 sts decreased = 70 sts)
Round 6: knit all sts, slipping markers
Round 7: (K1, K2tog, Knit 9, SSK, SM) 5 times.   (10 sts decreased = 60 sts)
Round 8: knit all sts, slipping markers
Round 9: (K1, K2tog, Knit 7, SSK, SM) 5 times.   (10 sts decreased = 50 sts)
Round 10: knit all sts, slipping markers
Round 11: (K1, K2tog, Knit 5, SSK, SM) 5 times.   (10 sts decreased = 40 sts)
Round 12: knit all sts, slipping markers
Round 13: (K1, K2tog, Knit 3, SSK, SM) 5 times.   (10 sts decreased = 30 sts)
Round 14: knit all sts, slipping markers
Round 15: (K1, K2tog, Knit 1, SSK, SM) 5 times.   (10 sts decreased = 20 sts)
Round 16: knit all sts, removing markers as you go
Round 17: K2tog all the way around   (10 sts decreased = 10 sts)

Cut working yarn, leaving 8" tail.
Thread tail onto a yarn needle and draw through all stitches, pulling together tightly.
Bring tail between stitches to inside of hat and weave in securely.
Weave in cast-on tail also, and trim both to ¼".

Duplicate stitch the fruit in the bowl and apple peel and stem in colors of your choosing. I added a few French knots to give the bunch of grapes added texture.
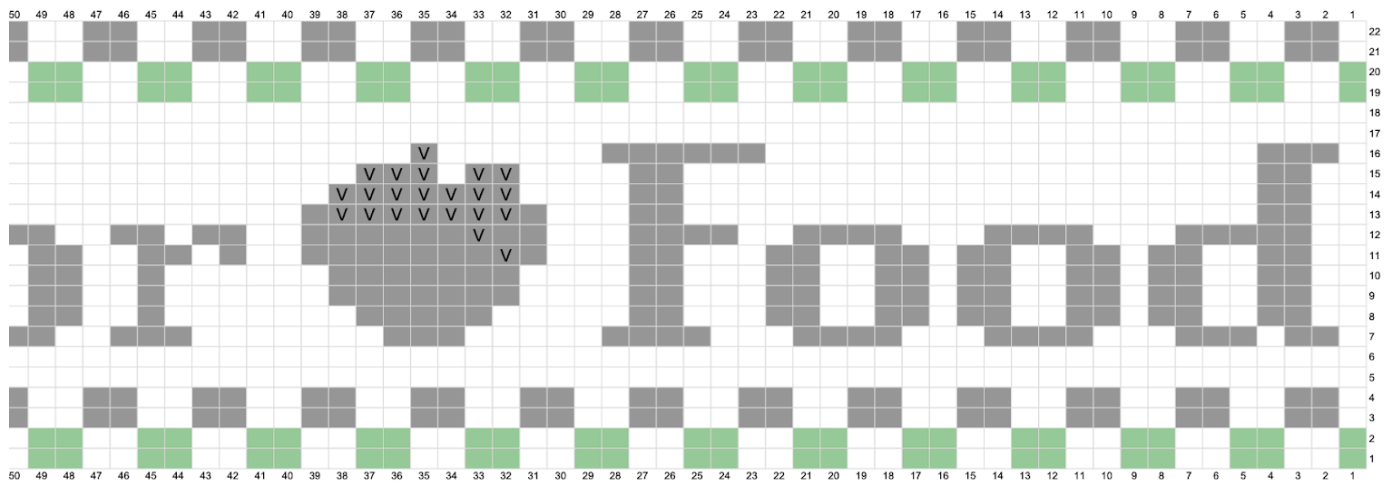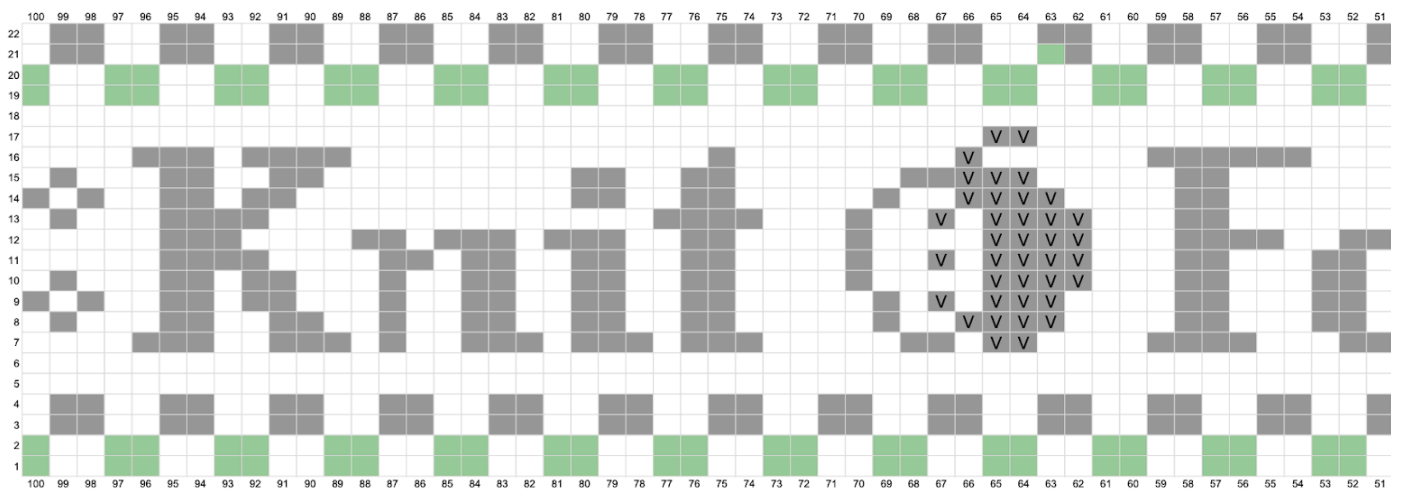Fasten off these yarn tails and trim.

Wear, enjoy, answer questions from folks who express curiosity, and keep the people experiencing food insecurity in your heart. 🧡

All stitches in the chart are worked in Knit stitch.

** The chart is quite wide, so it has been split into two sections, to make it large enough to read.
Begin with the bottom, right stitch: row 1, column 1. Work to the left, across to the stitch at row 1, column 50. Proceed to upper half of chart: row 1, column 51.
When you have completed this row, ending with the stitch at row 1, column 100, return to lower chart and work 2 and all subsequent rows in the same manner.