Found Kitchen Chalkboard

No. 108 – re-purpose an old mirror or picture frame into a fantastic chalkboard for your kitchen, perfect for menu planning and grocery lists!

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SUPPLIES:

1) (1) Mirror or picture frame with glass

2) (1) can Rustoleam Chalkboard SPRAY paint (found here)

3) (1) can spray paint for the frame in any color and finish you choose. I wanted to be resourceful and use what I had laying around, so I used an antique brass spray paint that we've been spraying all of our registers with around the houses

4) (1) can spray paint primer, or other flat spray paint you have laying around

5) (1) roll of painter's tape

6) A few sheets of paper towels or plastic grocery bags (something to cover the chalk surface while you are spraying the frame)

7) (1) Package of chalk, while chalk pencils (found at Michaels), or mechanical chalk pencil made for quilting (found here)

INSTRUCTIONS:

1) PREP WORK: Prepare a well ventilated area for spraying. I set up saw horses in my garage and covered nearby items with old towels in case of over spray. Thoroughly clean and prep your mirror or frame. If the frame needs to be repaired with wood filler or something similar, do this now and be sure to wait for the prescribed amount of time before continuing on with the project. If you have to do any sanding, be sure to clean and dry the mirror or frame afterward.



2) Prime the entire surface, both the frame portion and the mirror or glass portion. Remember that the best way to spray is with several light coats, so be sure to put one or two primer coats, re-coating according to the manufacturer's instructions for your specific spray paint and waiting the required amount of time before moving on to the next step.



3) Now it's time to spray the chalkboard! I did not tape off the frame, when I did this step so there was some over spray onto the frame. I really don't think that this is a problem because the chalkboard paint is a very flat, matte finish that will take other paint fine. So when you are spraying the chalkboard paint on, I recommend spraying several very light and even coats. It really makes a world of different. Allow ample drying time between coats, according to the manufacturer's instructions. I used the entire can of spray paint on my mirror. I've read various tutorials and everyone seems to have come to the same conclusion,that the spray paint version of the paint is a little lighter and can scratch more easily than the brush on paint version, so it is recommended that you use several coats. If you are using Rustoleam's chalkboard spray paint, then you should wait a full 24 hours before moving onto the next step.



4) The next step is to tape off and protect the recently sprayed chalkboard surface. I used 2 layers of paper towels, secured with painter's tape around all sides. I will mention that I pressed pretty hard on the painter's tape, and none of it came off when it was time for the big reveal, but I did wait the prescribed amount of time before completing this step so that could have something to do with it.



5) After you've protected the chalkboard surface, it is time to spray the frame (if needed). The frame I was starting with was damaged in several areas and was an ugly wood finish, so I opted to clean it up a bit and spray it. I used an Antique Brass spray paint, and covered the frame with several light, even coats of paint, according to the manufacturers instructions (of course).

I forgot to get progress pictures of spraying the frame, but I think that you can handle it!

6) Once you are done painting the frame and the paint has cured, it is time for the big reveal! Take off the painter's tape and paper towels, and admire your handiwork.

DO NOT WRITE ON THE CHALKBOARD YET!

I REPEAT, DO NOT WRITE ON THE CHALKBOARD YET!

7) Hang your new chalkboard! I first hung my mirror with wire, but then after I wrote on the chalkboard a few times I quickly noticed that the wire hanging method caused the chalkboard to wiggle more than I would like when writing. Then I just hung the mirror with anchors and screws in the walls and it worked out perfectly, no wiggling!

8) BEFORE you start writing on your new chalkboard, you have to "season" it, kind of like a cast iron skillet. To "season" the chalkboard, you should use the long side of a piece of chalk and cover the chalkboard with it, erase it (I used dry paper towels), then repeat several times. Performing this step to season your chalkboard should ensure that your writing doesn't leave a mark.

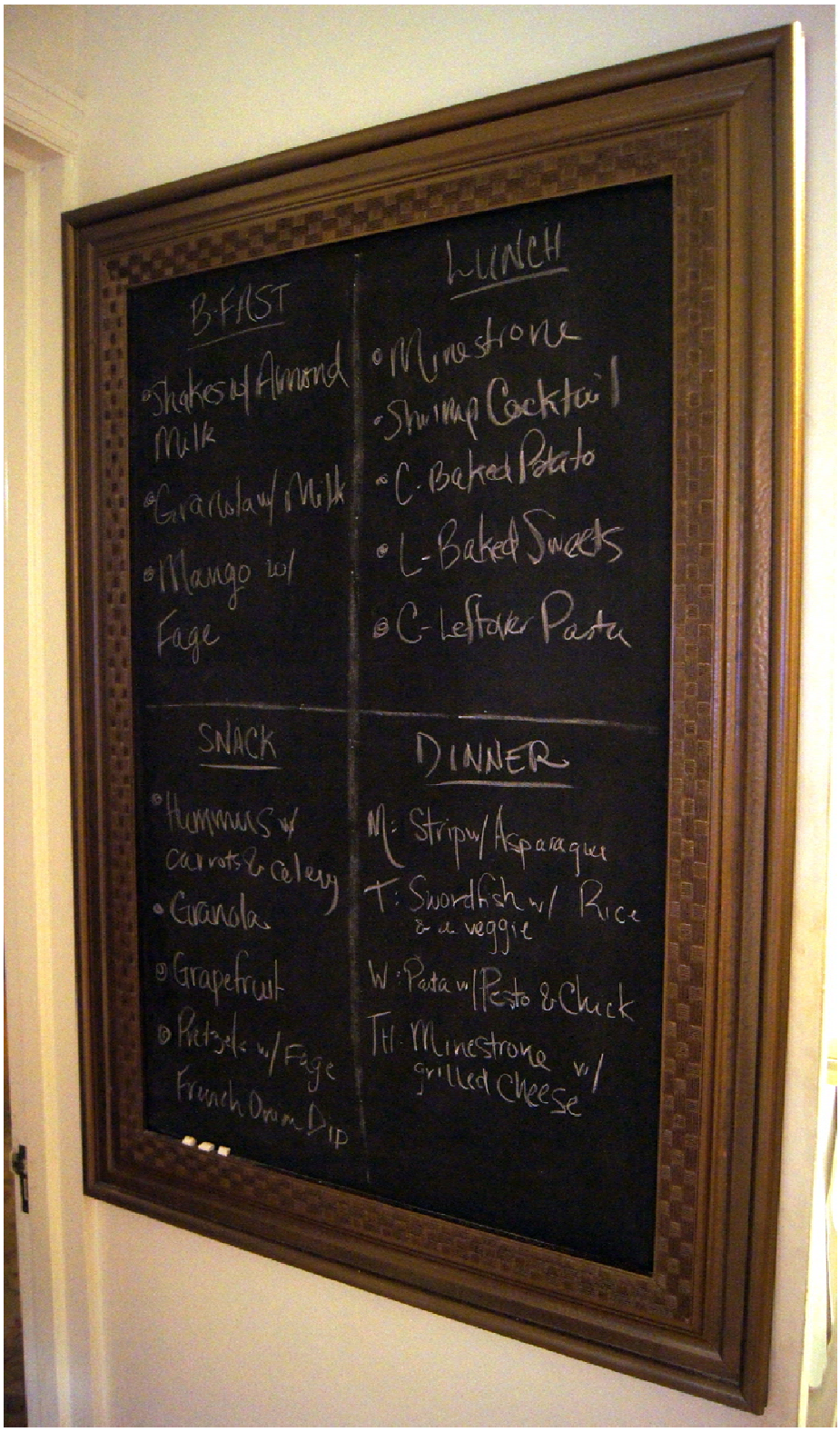


9) You're all done! Now you can use your chalkboard!

I immediately wrote up the weeks menu plans on it, which was my original intention of the chalkboard and it fits the 4 main categories perfectly; Breakfast,



Snack, Lunch and Dinner.


B-FAST
Shakes w/ Almond Milk
Granola w/ Milk
Mango w/ Fage
LUNCH
Minestrone
Shrimp Cocktail
C- Baked Potato
L- Baked Sweets
C- Leftover Pasta
SNACK
Hummus w/ carrots & celery
Granola
Grapefruit
Pretzels w/ Fage French Onion Dip
DINNER
M: Stripsw/ Asparagus
T: Swordfish w/ Rice & a veggie
W: Pasta w/ Pesto & Chick
TH: Minestrone w/ grilled Cheese

HOLLER!