

PB&J Sandwich Making 101 - Groups

Be sure to use high-quality, protein-rich ingredients with the latest expiration date. Also, please wash your hands thoroughly and wear gloves.

Step 1

Wearing gloves and hair ties is REQUIRED.
Lay out breadâ no ends/heels.

Step 2

Spread 1-1/2 tablespoons of peanut butter on each slice of bread.
Peanut butter is the only allowed nut butter.

Step 3

Spread 1-1/2 tablespoons of jelly in the center of one slice of bread.

Step 4

Combine both sides. Assemble the sandwich neatly.
DO NOT cut sandwiches.

Step 5

Place each sandwich in an individual zip-lock sandwich bag.
Press out excess air. Seal tightly.

Step 6

Neatly place the zip-locked sandwiches into the loaf bag,
press out excess air, and secure well with a twist tie.