

# 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 bread—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.