

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



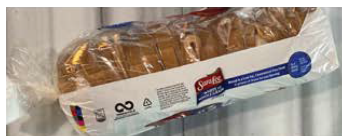
Place each sandwich in an *individual zip-lock* sandwich bag. Press out excess air. Seal tightly.

Step 6



Neatly place the zip-locked sandwiches into the loaf bag, press out excess air, and *secure well with a twist tie*—no knots or bands.

Step 7



Deliver your sandwiches to a convenient host site. Follow the host's directions for sign-in, labeling, and refrigeration.