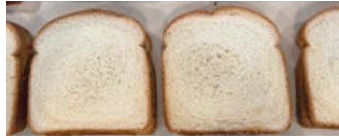


Be sure to use high-quality, protein-rich ingredients with the latest expiration date. Also, please wash your hands thoroughly and wear gloves.

Step 1



Keep all ingredients refrigerated throughout the sandwich-making process.

Step 2



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

Step 3



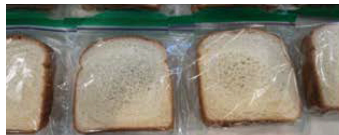
Place one piece of cheese on **EACH** slice of bread. Every sandwich should have two pieces of cheese. No condiments should be used.

Step 4



Use *2.5 ounces of high-quality turkey or ham* on each sandwich—no meat alternative allowed.

Step 5



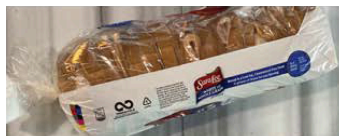
Place each sandwich in an *individual zip-lock* sandwich bag. Press out excess air. Seal tightly.

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. Place the complete loaf bags in a refrigerator.

Step 7



Deliver your sandwiches in a cooler with ice packs to a convenient host site on Wednesdays. Follow the host's directions for sign-in, labeling, and refrigeration.