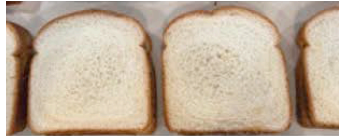


Be sure to use high-quality, protein-rich ingredients with the latest expiration date. Also, please wash your hands thoroughly and wear gloves.

## Step 1



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

## Step 2



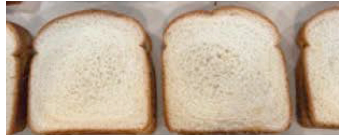
Spread 1-1/2 tablespoons of peanut butter on each slice of bread. Peanut butter is the only allowed nut butter.

## Step 3



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

## Step 4



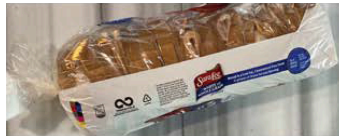
Combine both sides. Assemble the sandwich neatly. DO NOT cut sandwiches.

## 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.