

Do not use deli meat sliced at a deli counter. **Only use pre-packaged deli meat.**
Use high-quality ingredients with the latest expiration date.
Also, please wash your hands thoroughly with soap and water, tie hair back, and wear gloves.

Assemble one loaf at a time so ingredients spend as little time out of the refrigerator as possible.

Step 1



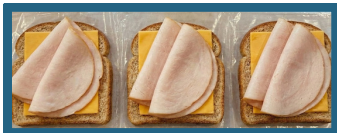
Lay out bread—no ends/heels.

Step 2



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

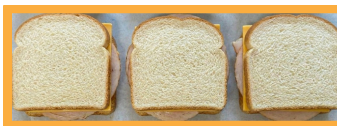
Step 3



Use at least 2 ounces of high-quality turkey or chicken on each sandwich—NO meat alternative allowed.

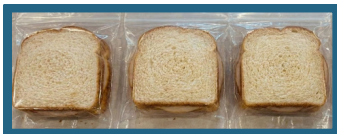
Check the serving size on your package to determine how many slices make up one serving of 2 ounces (56g).

Step 4



Combine one piece of bread with cheese slice with one slice of bread with turkey and cheese to create one complete sandwich.

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 completed loaf bags in a refrigerator to chill before transporting them in a cooler with ice packs to your host home.