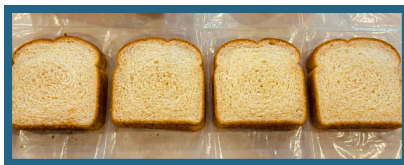


Be sure to use high-quality, protein-rich ingredients with the **latest expiration date, at least 7 days after the date you'll be dropping off your sandwiches.** Please wash your hands thoroughly with **soap and water, tie hair back, and wear gloves.**

Please use **jelly only** — no jam, preserves, or fruit spread.  
Peanut butter **only**. No alternative nut butters, please.  
Use a **separate knives** for peanut butter and jelly.

**Disposable plastic spatulas** make spreading easier and keep things mess-free.  
Find a link at [www.thesandwichproject.org](http://www.thesandwichproject.org) on our **Make Sandwiches** page

## Step 1



Wipe down countertops/tables before beginning. Lay out bread—*no ends/heels*.

## Step 2



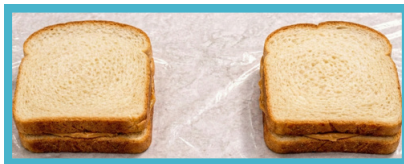
Neatly spread **1½ tablespoons of peanut butter** on **each slice** of bread.

## Step 3



Spread **2 teaspoons of jelly** in the **center** of **every other slice** of bread. Keep jelly away from edges of bread for neat sandwiches.

## Step 4



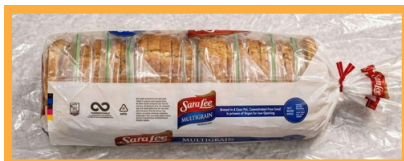
Combine **one slice with peanut butter & jelly** with **one slice with just peanut butter** to create a complete sandwich. Press slices together gently. **DO NOT** cut sandwiches.

## 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.