

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 spatulas** for peanut butter and jelly.

Disposable plastic spatulas make spreading easier and keep things mess-free.
Find a link at www.thesandwichproject.org on our **Make Sandwiches** page

Step 1



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

Step 2



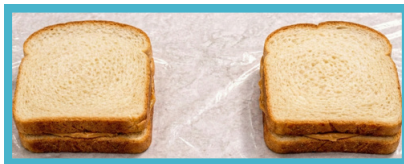
Neatly spread **1½ tablespoons of peanut butter** on **each slice** of bread.

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



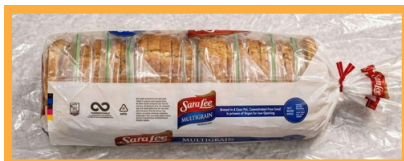
Combine **one slice with peanut butter & jelly** with **one slice with just peanut butter** to create a complete sandwich. Press slices together gently. **DO NOT** cut sandwiches.

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.