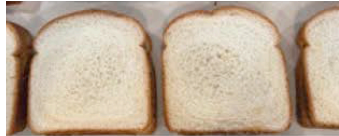


Be sure to use high-quality ingredients that are rich in protein and have the latest expiration date. Also, please wash your hands thoroughly and wear gloves.

## Step 1



Keep all ingredients refrigerated throughout the sandwich-making process.

## Step 2



**Wearing gloves and hair ties is REQUIRED.** Lay out white bread (easiest to digest)—no ends/heels.

## Step 3



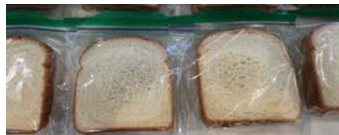
Place one piece of cheese on EACH slice of bread. Every sandwich should have at least two pieces of cheese. No condiments should be used.

## Step 4



Use 2.5 ounces of high-quality turkey or ham on each sandwich.

## Step 5



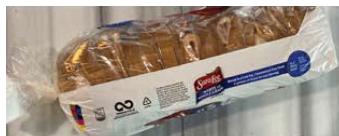
Place each sandwich in an *individual zip lock* sandwich bag. Press out excess air. Seal tightly.

## 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/bands. Place complete loaf bags into a refrigerator.

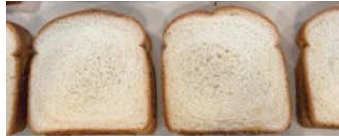
## Step 7



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.

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

## Step 1



**Wearing gloves and hair ties is REQUIRED.** Lay out white bread (easiest to digest)—no ends/heels.

## Step 2



Spread 1-1/2 tablespoons of peanut butter on each slice of bread.

## Step 3



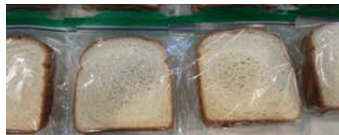
Spread 1-1/2 tablespoons of jelly in the center of one slice of bread.

## Step 4



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

## Step 5



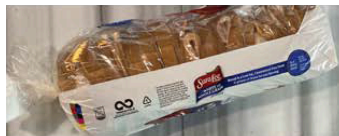
Place each sandwich in an *individual zip lock* sandwich bag. Press out excess air. Seal tightly.

## 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/bands.

## Step 7



Deliver your sandwiches to a convenient host site. Follow the host's directions for sign-in, labeling, and refrigeration.