

## **Directions for Making a Peanut Butter and Jelly Sandwich**

**By Jeremy Rottgen**

The following instructions will provide you with a list of materials and directions necessary to make a peanut butter and jelly sandwich. Type of bread, peanut butter or jelly is determined by the consumer.

You will need the following items to complete your peanut butter and jelly sandwich:

- Sliced Bread
- Peanut Butter
- Jelly
- Plate
- Butter Knife
- Spoon

### **Precautions**

Make sure person eating the peanut butter and jelly sandwich does not have peanut allergies.

Sanitize all materials and preparation area prior to use.

### **Procedures**

1. Open bread bag or container as well as the jars of peanut butter and jelly.
2. Take two slices of bread and lay them down on to the clean plate.

### **Note**

The butter knife is used for the peanut butter and the spoon is used for the jelly to avoid cross-contamination.

3. Using the butter knife, scrape up approximately 1 tablespoon of peanut butter and spread onto one of the bread slices. Because peanut butter is thick, use care when spreading to avoid tearing the bread slice.
4. Using the spoon, scoop up approximately 1 tablespoon of jelly and spread it onto the remaining bread slice with the back of the spoon.
5. Combine slices with peanut butter and jelly facing each other.
6. Cut assembled sandwich in half with knife diagonally or lengthwise. Bread crust can be cut off with the knife at this point, if desired.
7. Enjoy your sandwich!