

## Peanut Butter Sandwich Instructions

1. Wash your hands and thoroughly dry them.

2. Check to ensure you have a loaf of bread, a knife, a plate, peanut butter and napkins or paper towels present. Verify that the plate faces upward.



3. Look at the tufted end of the bread bag and identify how it is closed. If it has a twist tie, untwist it until the tie releases, then remove the tie and place it aside on the table. You will need it later. If the closure is a plastic clip, also remove it and place it aside.

4. Remove two slices of bread from the bag and place them on the plate. Once the bread is on the plate, re-close the bag by drawing the loose end snugly around the bread. Twist the plastic or bunch it together and re-seal the bag with the closure. The closure should be placed as close to the bread as possible. If it is a twist tie, grab the ends between the forefinger and thumb close to the plastic and rotate the ends until the twist tie is closed.

5. Place the sealed bag of bread aside.

6. Open the peanut butter by turning the cap counter-clockwise until it falls off. Place the cap aside. Look at the surface of the jar. If peanut butter is visible from the jar mouth, skip the next step, and go directly to step 8.



7. If no peanut butter is visible, your jar is sealed. Locate the tab on the seal and pull the seal off of the jar. If any part of the seal remains, remove that as well. Place the removed seal in the trash. Return to the sandwich.



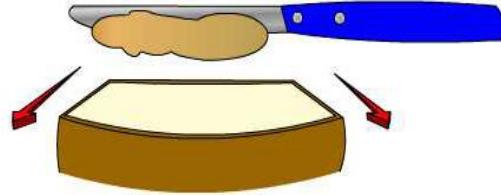
8. You should have a knife. Your knife should have a thicker handle end and a thin blade end. Grasp the handle of the knife in your hand so that the blade is distal (away from your body) and the blade is located near your thumb.

9. Insert the blade of the knife about two inches into the peanut butter through the mouth of the peanut butter jar. Use the knife to scoop 1-2 tablespoons of peanut butter. The peanut butter should be attached to the blade of the knife. If not, scoop again.



10. Move your knife toward the plate where the bread has been placed. With your other hand, lift a piece of bread and adjust it so that the large, flat portion of the bread is flat in the palm of your hand. If you have no other hand, the bread may remain on the plate while the next step is completed.

11. Move the knife to the distal (far) side of the bread. Hold the knife over the bread and parallel to it with the peanut butter down. Lower the knife until the peanut butter comes into firm contact with the bread. Then draw the knife toward you, spreading the peanut butter evenly. In this process, the peanut butter should mostly be removed from the knife. Continue to spread until the layer of peanut butter is consistent over the surface of the bread.

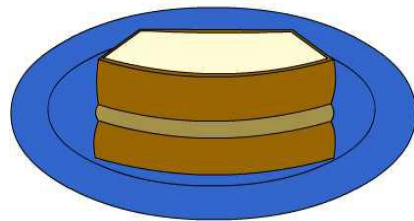


12. Place the slice of bread back on the plate with the peanut butter facing up. If desired, clean the blade on the surface of the other piece of bread until peanut butter is removed from the knife, or until no more peanut butter can be removed.

13. Place the knife on the exposed surface of the plate, but not on the bread. If there is any peanut butter on the rim of the jar or on the outside of the jar, remove it with a paper towel and then throw the towel away. Pick up the peanut butter lid and place the threaded ridges on the lid on the open mouth of the peanut butter jar. Turn the lid clockwise on the jar until the jar is closed and the lid will not easily turn clockwise. Then place the peanut butter jar next to the bread on the counter.



14. While holding the edges of the bread (the crusts), lift one piece of bread and turn it so the peanut butter side is facing down. Be careful to not get peanut butter on you. Position the bread directly over the other piece as evenly as possible. Lower the inverted bread until the two slices touch. Release the top slice.



15. If smaller pieces are desired, read this step. Otherwise, skip to step 16. Pick up knife and hold it in your hand as you did in step 8. Holding the knife at a 45 degree angle, press the sharpened side of the knife blade into one corner of the sandwich and press down until the knife touches the plate, cutting the bread. Carefully draw the knife to the corner opposite the start,

dragging the blade through the bread until the sandwich is in two pieces. Then return the knife to the plate.

16. Your sandwich is now ready to eat. It is easiest to eat by using both hands. With both hands, lift the sandwich to your mouth where you will bite, chew and swallow. If you are unfamiliar with the eating process, do not attempt peanut butter sandwiches unless fully trained medical professionals are nearby. Continue until the sandwich is done. If desired, lick your fingers of any remaining peanut butter.

17. Once all parts of the sandwich have been consumed, clean up. With a paper towel, clean the peanut butter from the knife and any peanut butter from the outside of the jar and counter. Place the knife on the counter. Place the used paper towels on the plate. Brush any breadcrumbs off the counter into your hand and place on the plate. Transfer the contents of the plate into the trash. If any peanut butter remains on the plate, wipe it with a paper towel and throw the towel away. If there is no further need for the plate and it cannot be used again, throw the plate away. Otherwise, return it to the table.

18. Tell everyone how lucky you are you had a peanut butter sandwich!

