



A High-Flying Snack: Peanut butter and jelly sandwiches were first introduced to the world by soldiers in World War II. They needed a meal that was easy to make, tasty, and packed with energy. PB&J to the rescue!

Peanut Butter Royalty: March 1st is National Peanut Butter Lover's Day, and April 2nd is National Peanut Butter and Jelly Day. That's right, a whole day dedicated to celebrating this iconic duo!

Presidential Preference: Both Presidents Barack Obama and George W. Bush have expressed their love for peanut butter and jelly sandwiches. It's a bipartisan snack!

Space Sandwich: Astronauts have taken peanut butter to space as a reliable, non-perishable food source. Imagine floating in zero gravity with a PB&J in hand—crumbs are a whole different story up there, though.

An American Favorite: Americans consume around 700 million pounds of peanut butter annually. That's a lot of PB&J sandwiches!

The Perfect Ratio: According to culinary experts, the perfect PB&J sandwich has a ratio of 50% peanut butter to 50% jelly. But hey, who's really measuring?

Jelly Varieties: Grape jelly is traditionally the most popular choice for PB&J sandwiches in the United States, but don't tell strawberry jelly—it's catching up fast!

A Record-Breaking Snack: The largest peanut butter and jelly sandwich ever made weighed 1,342 pounds. That's one sandwich you wouldn't want to drop on your foot.

It's a Jelly Thing: Surveys show that the average American will have eaten about 1,500 PB&J sandwiches by the time they graduate high school. That's a lot of lunches!

Crust or No Crust? A survey found that 56% of people prefer their PB&J with the crusts cut off. The other 44%? They're just crusty about the whole situation.