

Transcript for **Peanut butter and jelly in space**

**Shane Kimbrough,
NASA astronaut:** Hello, everyone. I'm gonna show you how to make a peanut butter and jelly sandwich from the International Space Station. Every time we eat it's kinda fun; everything will float around if you don't manage it. So we have some tape to stick things on on our table here, as well as a bunch of Velcro. Right, so the first thing we need for a sandwich is a piece of bread. Well, up here, we don't have bread like you do on Earth but we have tortillas. So we use tortillas a lot for sandwiches, so that's what I'm gonna use for my peanut butter and jelly. I'm gonna stick that down on some tape here so it doesn't go floating away while I'm getting everything else ready. So I get my peanut butter out and even the lids on the peanut butter have a piece of Velcro on it so they don't go floating away. If I let it go, it will kind of just float there for a little while and then eventually the air conditioning system in here will take it away somewhere else. So I don't want to lose it, so I'm gonna stick it on the table. I'll scoop out some peanut butter for my sandwich. I gotta stick this somewhere otherwise it just goes floating away too, but just for now if it's just a few seconds like this, I can just leave it and let it float. I spread the peanut butter on my sandwich, onto the tortilla, and then I get my jelly ready. There's a lot of things you've got to think about and manage while you're, while you're eating up here. And you just spread the jelly on the sandwich. That, as well, needs to get attached to the table. So there's my peanut butter and jelly tortilla or sandwich. From up here I'll just kinda close it up. And enjoy! See if you guys can enjoy as it's coming to you ...