



Every THRIVE™ purchase helps reduce world hunger. Thriving Nations™ creates greater nutritional self-sufficiency around the world by teaching impoverished people how to diversify crops, increase food production, and create healthier dietary practices. Five percent of all THRIVE™ profits are donated to this cause.

THRIVE™



Buying and preparing quality food should be easy. With THRIVE™, it is! The THRIVE™ food line consists of convenient, versatile foods that are practical for daily cooking. Each product also has an extended shelf life, making THRIVE™ great for food storage. THRIVE™ foods are nutrient-rich and natural, so you can be confident you are providing your family with proper nutrition.

- T Grains
- H Vegetables
- R Fruits
- I Milk
- V Meat & Beans
- E Basics



Based on a trusted model.

Trusted Foods. A Trusted Standard. THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

Instant Brown Rice

Preparation Instructions:

Add 1 cup rice to 1 cup water with ½ tsp. salt and simmer in a small covered saucepan for 8 minutes. Let stand for 5 minutes, covered. Fluff with a fork and serve.

Creamy Chicken and Brown Rice

Ingredients:

- | | |
|---|--|
| 1 tbsp. garlic | 2 tbsp. THRIVE™ Chicken Bouillon |
| 2 tbsp. butter | ½ c. THRIVE™ Celery (FD) |
| 1 ½ c. THRIVE™ Mushroom Pieces (FD) | 1 ½ c. cream |
| ½ c. THRIVE™ Chopped Onions (FD) | 1 tsp. Italian seasoning |
| 2 c. THRIVE™ Instant Brown Rice | 1 bay leaf |
| 1 ½ c. THRIVE™ Seasoned Chicken Slices (FD) | 1 tsp. season salt |
| 4 c. water | 1 tsp. lemon juice |
| | 1 c. THRIVE™ Shredded Monterey Jack Cheese (FD), reconstituted |

In a medium saucepan, sweat garlic and butter together. Add mushrooms, onions, and rice and stir well. Add water and bouillon. Add remaining ingredients except cheese and bring to a simmer for 20 minutes. Reduce liquid until thick and creamy. Fold in cheese and let rest for 5 minutes before serving. Makes 6 servings.

Find recipes, planning tools, and more at www.EatThrive.com

CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

THRIVE™

THRIVE™ www.EatThrive.com

GRAINS



Instant Brown Rice



46 SERVINGS

Net Wt 40.5 oz (2.53 lb) 1150g

Instant Brown Rice

Nutrition Facts

Serving Size ¼ cup (25g)
Servings Per Container About 46

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **5%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than: 65g 80g

Sat Fat Less than: 20g 25g

Cholesterol Less than: 300mg 300mg

Sodium Less than: 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram

Fat 9 • Carbohydrates 4 • Protein 4

Grains

Suggested Storage Amount:

Store a minimum of 300 pounds of grains per adult per year.

Usage Suggestions:

THRIVE™ Instant Brown Rice cooks quickly and is a healthier alternative to white rice in stir-fry and soups or as a foundation for many entrées.

Shelf Life: 7 years

Best if used within 1 year of opening to maintain life sustaining nutritional value under optimal storage conditions.

Opened ____/____/____.

INGREDIENTS: PRECOOKED PARBOILED LONG GRAIN BROWN RICE.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.



Distributed By:

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www.ThriveLife.com



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