



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

Cheese Blend

Preparation Instructions:

For cheese sauce, prepare 7 ½ tablespoons THRIVE™ Instant Milk with 1 ½ cups water, mix with ½ cup heavy cream, and bring to a simmer. Stir in ½ cup THRIVE™ Cheese Blend. Make a roux with 2 tablespoons butter and 2 ½ tablespoons flour, stir into sauce, and simmer for 2–3 minutes. Season with 1 teaspoon THRIVE™ Iodized Salt and pepper to taste. Makes 8 servings.

Macaroni & Cheese

(This is not a gluten-free recipe)

Ingredients:

- 4 c. water
- ½ tsp. THRIVE™ Iodized Salt
- 1 ½ c. THRIVE™ Elbow Macaroni
- 6 tbsp. THRIVE™ Cheese Blend
- 1 tbsp. butter
- ½ c. THRIVE™ Instant Milk, reconstituted

In a 2-quart saucepan, bring water and salt to a boil. Add macaroni and cook for 6–8 minutes or until pasta is tender. Drain macaroni and return to pan on stove on lowest heat. Add milk, cheese blend powder, and butter and stir well to blend. Allow 5 minutes to thicken, stirring occasionally. Allow to set longer for thicker macaroni. Makes 5 servings.

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



Based on a trusted model.

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

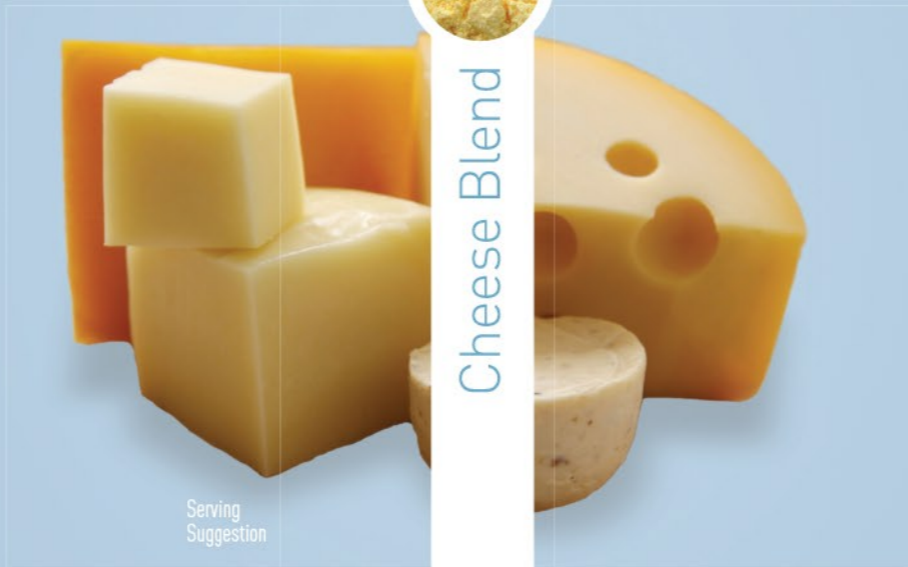
CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

THRIVE™

DAIRY



Cheese Blend



Serving Suggestion

45 SERVINGS

Net Wt 51.9 oz (3.2 lb) 1472g

Cheese Blend

THRIVE™ www.EatThrive.com

*Weight and nutrition may vary between crops and production. Therefore, information on actual labels may vary from the information listed here.

Nutrition Facts

Serving Size ¼ Cup (40g)
Servings Per Container About 45

Amount Per Serving

Calories 170 Calories from Fat 70

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 6g **28%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 160mg **7%**

Total Carbohydrate 25g **8%**

Dietary Fiber 0g **0%**

Sugars 12g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 0%

*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

Dairy

Suggested Storage Amount:

Store at least 75 pounds of assorted dairy products per adult per year.

Usage Suggestions:

THRIVE™ Cheese Blend is an easy way to keep cheese on hand without worrying about spoiling. Cheese blend makes creamy sauces and soups. Use as a cheese substitute when baking.

Shelf Life: 15 years

Best if used within 6 months of opening to maintain life sustaining nutritional value under optimal storage conditions.

Opened / / .

INGREDIENTS: WHEY SOLIDS, MALTODEXTRIN, MILK FAT, SALT, BUTTERMILK, CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, SALTS, ENZYMES), DI-SODIUM PHOSPHATE, XANTHAN GUM, ARTIFICIAL FLAVORING AND COLORING (YELLOW #5 AND #6).

CONTAINS: MILK.

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



Distributed By:

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691 South Auto Mall Drive
American Fork, Utah 84003
www.ThriveLife.com



11/09 CAS/SH

Glue

Glue

2/08/11