



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.

Find recipes, planning tools, and more at [www.EatThrive.com](http://www.EatThrive.com)

## Sweet Cornbread

(This is not a gluten-free recipe)

### Ingredients:

- 4 eggs, separated
- 1 c. milk
- 1 tsp. vanilla
- ¼ c. butter, melted
- 1 c. THRIVE™ Cornmeal
- 2 c. THRIVE™ White Flour
- 1 ½ c. THRIVE™ White Sugar
- 1 tbsp. THRIVE™ Baking Powder
- ½ tsp. THRIVE™ Iodized Salt

Combine egg yolks, milk, vanilla, and melted butter once it has cooled slightly. Stir into dry ingredients just until combined. In another bowl, beat egg whites until stiff peaks form. Carefully fold egg whites into batter. Pour into a greased 9x9 pan. Bake at 350°F for 45 minutes or until a toothpick comes out clean.

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](http://www.EatThrive.com)

GRAINS



Cornmeal



Serving Suggestion

64 SERVINGS

Net Wt 67.7 oz (4.2 lb) 1920 g

Cornmeal

## Nutrition Facts

Serving Size 3 tablespoons (30g)  
Servings Per Container 64

### Amount Per Serving

Calories 110 Calories from Fat 5

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 24g **8%**

Dietary Fiber 1g **4%**

Sugars 0g

**Protein** 2g

Vitamin A 2% • 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

## Grains

**Suggested Storage Amount:**

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

**Usage Suggestions:**

THRIVE™ Cornmeal can be used to make delicious cornbread or muffins. Serve cornmeal mush as a hot cereal for breakfast or use it for coating meats and poultry before frying.

**Shelf Life: 25 years**

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

Opened \_\_\_/\_\_\_/\_\_\_.

**INGREDIENTS:** GROUND YELLOW DENT CORN.  
**NON-GMO: NO BIOENGINEERED INGREDIENTS.**

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



**Distributed By:**

Thrive Life®  
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