



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

Macaroni & Cheese

Ingredients:

- 3 c. THRIVE Elbow Macaroni
- ½ c. THRIVE Cheese Blend
- 1 tsp. season salt
- 1 tsp. THRIVE Iodized Salt
- 1 c. THRIVE Cheddar Cheese
- 1 tsp. Cholula
- ¼ c. THRIVE Butter Powder
- ½ c. cream
- 1 c. water
- 3 tbsp. THRIVE Instant Milk powder

Add elbow macaroni to boiling water and cook until done. Combine all other ingredients in a saucepan over medium heat and mix until combined. Add macaroni to saucepan, stirring until noodles are coated. Makes 4 servings.

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

Elbow Macaroni

THRIVE™

GRAINS



Elbow Macaroni

25 SERVINGS



Serving Suggestion

Net Wt 49.3 oz (3.08 lb) 1400 g

Elbow Macaroni

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ½ Cup, Dry (56g)
Servings Per Container About 25

Amount Per Serving
Calories 210 Calories from Fat 10

	% Daily Value*	
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 42g		14%
Dietary Fiber 2g		8%
Sugars 3g		
Protein 7g		

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 10%
Thiamin 30%	•	Riboflavin 10%
Niacin 15%	•	Folate 30%

*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™ Elbow Macaroni is a great staple to keep on hand. Use it to make homemade macaroni and cheese or a delicious macaroni salad. Mix it with meat, cheese, and spaghetti sauce to make a zesty Italian dinner.

Shelf Life: 8 years
Best if used within 2 years of opening to maintain life sustaining nutritional value under optimal storage conditions.
Opened ___/___/___.

INGREDIENTS: DURUM WHEAT SEMOLINA, [ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)].

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



Distributed By:
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