



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.

**Boston Baked Wheat Stew**

**Ingredients:**

- 4 c. THRIVE™ Hard White Winter Wheat, uncooked
- 10 c. water
- 1 lb. bacon strips, cut in fourths
- 1 large onion, diced
- ¼ c. molasses
- ½ tsp. pepper
- ½ c. ketchup
- 2 tsp. THRIVE™ Iodized Salt
- ½ tsp. dry mustard

In a large roaster pan or Dutch oven, combine wheat, water, bacon, and onion. Set aside.

Combine remaining ingredients in a bowl and pour into pan with the wheat.

Cover and bake at 200°F for 6 hours. Remove cover for the last half hour of baking. Add a little boiling water if mixture becomes too dry.

Serve with hot baked bread.

Makes 10–12 servings.

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

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

Hard White Wheat

THRIVE™

GRAINS



Hard White Wheat

46 SERVINGS



Serving Suggestion

Net Wt 79.5 oz (4.96 lb) 2254g

Hard White Wheat

THRIVE™ [www.EatThrive.com](http://www.EatThrive.com)

**Nutrition Facts**

Serving Size ¼ cup (49g)  
Servings Per Container About 46

**Amount Per Serving**

Calories 160    Calories from Fat 0

**% Daily Value\***

**Total Fat** 0.5g    **1%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 20mg    **1%**

**Total Carbohydrate** 35g    **12%**

Dietary Fiber 6g    **26%**

Sugars 2g

**Protein** 6g

Vitamin A 0%    •    Vitamin C 0%

Calcium 2%    •    Iron 10%

\*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™ Hard White Wheat may be ground into flour, making it great in breads, muffins and cakes. You can also try it as a fresh addition to salads and appetizers.

**Shelf Life: 30 years**

Best if used within 2 years of opening to maintain life sustaining nutritional value under optimal storage conditions.

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

INGREDIENTS: HARD WHITE WHEAT.

CONTAINS: WHEAT.

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



**Distributed By:**

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