



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)

**Instant White Rice**

**Preparation Instructions:**

- 2/3 c. THRIVE™ Instant White Rice
- 2/3 c. water
- 1 tsp. butter or margarine
- salt (optional)

Bring water and salt to a boil. Add rice and cook 3–5 minutes. Stir in margarine or butter. Makes 2 servings.

**Instant Rice Pudding**

(This is not a gluten-free recipe)

**Ingredients:**

- 3 c. milk, divided
- 1 c. THRIVE™ Instant White Rice, uncooked
- 1/2 c. raisins (optional)
- 1 pkg. vanilla flavored instant pudding

Bring 1 cup of the milk to boil in medium saucepan. Stir in rice and raisins; cover. Remove from heat. Let stand 5 minutes.

Prepare pudding as directed on package with remaining 2 cups milk.

Add rice mixture to prepared pudding and stir. Cover surface of pudding with plastic wrap; cool 5 minutes. Stir. Serve warm or chilled. Makes 4–6 servings.

THRIVE™

GRAINS



Instant White Rice

24 SERVINGS



Serving Suggestion

Net Wt 38 oz (2.3 lb) 1080g

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

**Nutrition Facts**

Serving Size 1/2 cup (45g)  
Servings Per Container 24

Amount Per Serving  
Calories 160 Calories from Fat 0

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	

<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>

<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 1g	<b>3%</b>
Sugars 0g	

**Protein** 4g

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 8%
Thiamin 29%	•	Folate 66%
Niacin 15%	•	

\*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™ Instant White Rice is perfect for soup, stir-fry, and a variety of side dishes. This product is gluten free.

**Shelf Life: 30 Years**

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

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

**INGREDIENTS:** PRECOOKED LONG GRAIN RICE, NIACIN (NACIMADE), IRON (FERRIC ORTHOPHOSPHATE), THIAMINE (THIAMINE MONONITRATE), FOLIC ACID.

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



**Distributed By:**

Thrive Life  
691 South Auto Mall Drive  
American Fork, Utah 84003  
[www.ThriveLife.com](http://www.ThriveLife.com)



US11C3 50768

Glue

Glue

Glue

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