



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.

Beef & Barley Stew

Ingredients:

- 1 lb. beef stew meat, cut into bite-size pieces
- 1 tbsp. vegetable oil
- 2 tbsp. butter
- 1 c. THRIVE™ Diced Carrots
- 1 c. THRIVE™ Celery (FD)
- 1 c. THRIVE™ Chopped Onions (FD)
- 2 tbsp. THRIVE™ Beef Bouillon
- 2 tbsp. THRIVE™ Chicken Bouillon
- 2 c. warm water
- ¼ c. THRIVE™ Pearled Barley
- 3 qts. water
- THRIVE™ Iodized Salt and pepper to taste.

In a large pot, brown stew beef in oil. Season the beef with a little salt and pepper. Add 3 quarts water. Bring to a boil; reduce heat to low and simmer for 1 ½ hours.

In a separate pan, melt the butter over medium heat and sauté all the vegetables until tender. Dissolve the chicken bouillon and beef bouillon in 2 cups of warm water. Add the vegetables, bouillon, and pearled barley to the pot. Bring to a boil. Reduce heat to low and simmer for 30 minutes to 1 hour. Make sure the barley is cooked and the meat is tender. Season with salt and pepper.

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

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

THRIVE™

GRAINS



Pearled Barley

50 SERVINGS



Net Wt 79.3 oz (5.0 lb) 2250g

Pearled Barley

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ¼ cup (45g)
Servings Per Container 50

Amount Per Serving

Calories 167 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 31g **10%**

Dietary Fiber 8g **31%**

Sugars <1g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

*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™ Pearled Barley is a nutritious way to receive a variety of grains. Ground barley makes excellent pancakes and biscuits. Try barley as a breakfast cereal or in soups and stuffings.

Shelf Life: 8 years

Best if used within 18 months of opening to maintain life sustaining nutritional value under optimal storage conditions. Opened ____/____/____.

INGREDIENTS: PEARLED BARLEY.

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



Distributed By:

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USDA # 10000

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