



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

## Butter Cream Frosting

### Ingredients:

- ½ c. butter
- 4 ½ c. THRIVE™ Powdered Sugar
- ¼ c. milk
- 1 tsp. vanilla
- food coloring (optional)

In a mixing bowl, beat butter until fluffy. Gradually add 2 cups powdered sugar, beating well. Slowly beat in milk and vanilla. Slowly beat in remaining powdered sugar. Beat in additional milk if necessary to reach desired spreading consistency. Tint with food coloring if desired. Makes enough to frost the tops and sides of two 8–9 inch round layers.

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



### Based on a trusted model.

Trusted Foods. A Trusted Standard. THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

THRIVE™

BASICS



Powdered Sugar

46 SERVINGS

Net Wt 48.6 oz (3.04 lb) 1380g

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

## Nutrition Facts

Serving Size ¼ cup (30g)  
Servings Per Container About 46

### Amount Per Serving

Calories 120    Calories from Fat 0

**% Daily Value\***

**Total Fat** 0g    **0%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 0mg    **0%**

**Total Carbohydrate** 30g    **10%**

Dietary Fiber 0g    **0%**

Sugars 30g

### Protein 0g

Vitamin A 0%    •    Vitamin C 0%

Calcium 0%    •    Iron 0%

\*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

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

## Basics

### Suggested Storage Amount:

Store a variety of cooking basics, including 60 pounds of sugar, 5 pounds of salt, and 10 pounds of cooking oil per adult per year.

### Usage Suggestions:

THRIVE™ Powdered Sugar is a quick-dissolving sugar that is essential for making icings, frostings, and other cake decorations. Give your desserts a touch of elegance by dusting powdered sugar over them.

### Shelf Life: 30 Years

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

INGREDIENTS: SUGAR AND CORN STARCH.

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



### Distributed By:

Thrive Life  
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