



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

White Rice

Preparation Instructions:

Boil 2 cups water and 1 tsp. salt (optional). Add 1 cup rice. Cover with lid and turn down heat to low. Simmer 15 minutes or until all water is absorbed.

Mexican Rice

Ingredients:

- 1 small onion, finely chopped
- 3 tbsp. butter or margarine
- 1 c. THRIVE™ White Rice
- 1 clove garlic, minced
- 1 c. THRIVE™ Tomato Dices (FD)
- 2 c. broth, from THRIVE™ Chicken Bouillon
- 1 to 2 (4-oz.) cans diced green chilies
- THRIVE™ Iodized Salt and pepper to taste
- 2 tbsp. fresh cilantro (optional)

Sauté onion in butter until translucent. Add rice and garlic. Cook about 5 minutes or until the rice is golden brown.

Add tomatoes, broth, chilies, salt, and pepper. Cover and bring to a boil. Reduce heat and simmer 15–20 minutes or until the rice is done.

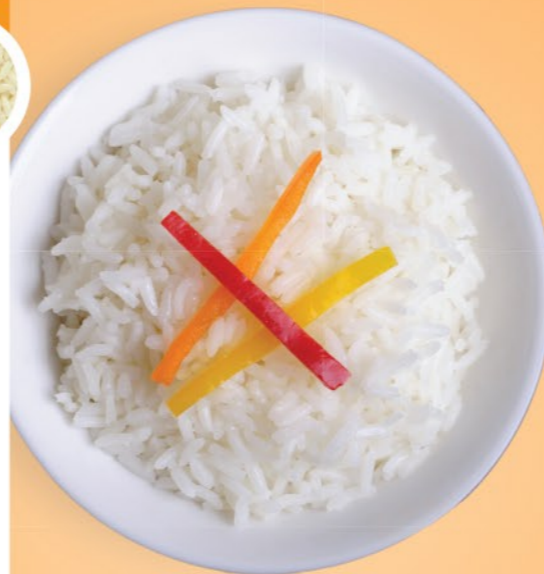
Sprinkle cilantro on top if desired.

THRIVE™

GRAINS



White Rice



Serving Suggestion

46 SERVINGS

Net Wt 81.1 oz (5.0 lb) 2300g

White Rice

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ¼ cup (50g)
Servings Per Container About 46

Amount Per Serving

Calories 160 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 36g 12%

Dietary Fiber 0g 0%

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

Thiamin 15% • Folate 20%

Niacin 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:

The perfect thing for soup, stir-fry, and side dishes, THRIVE™ White Rice is parboiled. Eat it with seafood, chicken, or mixed vegetables.

Shelf Life: 30 years

Best if used within 5 years of opening to maintain life sustaining nutritional value under optimal storage conditions.

Opened ____/____/____.

INGREDIENTS: LONG GRAIN RICE ENRICHED WITH NIACIN, FERRIC PHOSPHATE, THIAMIN MONONITRATE, AND FOLIC ACID.

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



Distributed By:

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American Fork, Utah 84003
www.ThriveLife.com



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Glue

Glue

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