



THRIVE™ Product Detail Document

THRIVE EXPRESS	Servings					Shelf Life*		Allergens								Other					Country of Origin
	Spice Can	#10	Pantry	Pouch	Bucket	Optimum	Opened	MILK	EGGS	PEANUT	TREE NUT	COCONUT	FISH	SHELLFISH	SOY	WHEAT	Gluten Free Certified	No GMO	No Hydrogenated Oils	No Artificial Colors	
Baked Potato Cheese Soup	N/A	N/A	N/A	4	N/A	5 yrs.	N/A	•								NG	•	•	•	•	USA
Broccoli Cheese Soup	N/A	N/A	N/A	4	N/A	5 yrs.	N/A	•								NG	+	•	•	•	USA
Chili Lime Chicken Rice	N/A	N/A	N/A	4	N/A	5 yrs.	N/A	•								NG	+	•	•	•	USA
Creamy Beef and Noodles	N/A	N/A	N/A	3	N/A	5 yrs.	N/A	•							•		+	•	•	•	USA
Creamy Chicken Noodle Soup	N/A	N/A	N/A	4	N/A	5 yrs.	N/A	•							•		+	•	•	•	USA
Creamy Garden Vegetable Chowder	N/A	N/A	N/A	4	N/A	5 yrs.	N/A	•								NG	+	•	•	•	USA
Garden Fresh Vegetable Pasta	N/A	N/A	N/A	2.5	N/A	5 yrs.	N/A	•							•		+	•	•	•	USA
Hearty Chili with Beans	N/A	N/A	N/A	4	N/A	5 yrs.	N/A									NG	+	•	•	•	USA
Loaded Scalloped Potatoes	N/A	N/A	N/A	4	N/A	5 yrs.	N/A	•							•		+	•	•	•	USA
Pasta Carbonara	N/A	N/A	N/A	3	N/A	5 yrs.	N/A	•	•						•		+	•	•	•	USA
Southwestern-Style Chicken & Rice	N/A	N/A	N/A	4	N/A	5 yrs.	N/A	•								NG	+	•	•	•	USA
Wild Rice Pilaf	N/A	N/A	N/A	4	N/A	5 yrs.	N/A	•								NG	+	•	•	•	USA
SAUCES	Servings					Shelf Life*		Allergens								Other					Country of Origin
Béchamel (Creamy White Sauce)	N/A	N/A	32	N/A	N/A	10 yrs.	1 yr.	•									•	•	•	•	USA
Espagnole (Savory Beef Gravy)	N/A	N/A	80	N/A	N/A	10 yrs.	1 yr.	•									•	•	•	•	USA
Tomato (Classic Tomato Sauce)	N/A	N/A	64	N/A	N/A	10 yrs.	1 yr.	•									•	•	•	•	USA
Velouté (Rich Chicken Gravy)	N/A	N/A	64	N/A	N/A	10 yrs.	1 yr.	•									•	•	•	•	USA
SEASONINGS	Servings					Shelf Life*		Allergens								Other					Country of Origin
Basil (FD)	130	N/A	N/A	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Chef's Choice Seasoning Blend	160	N/A	N/A	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Chives (FD)	130	N/A	N/A	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Cilantro (FD)	130	N/A	N/A	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Italian Seasoning Blend	110	N/A	N/A	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Oregano (FD)	130	N/A	N/A	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Parsley (FD)	130	N/A	N/A	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Peppercorn Seasoning Blend	150	N/A	N/A	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Salad Seasoning Blend	105	N/A	N/A	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	USA
FRUITS	Servings					Shelf Life*		Allergens								Other					Country of Origin
Apple Sauce	N/A	44	15	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Apples, Fuji (FD)	N/A	46	16	6	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Apples, Granny Smith (FD)	N/A	45	14	6	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Apricots (FD)	N/A	48	16	7	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Banana Slices (FD)	N/A	42	13	6	N/A	25 yrs.	18 mo.										•	•	•	•	Ecuador
Blackberries (FD)	N/A	48	16	7	N/A	25 yrs.	1 yr.										•	•	•	•	USA, Chile, Serbia
Blueberries (FD)	N/A	51	17	9	N/A	25 yrs.	1 yr.										•	•	•	•	USA, Canada, Honduras
Cherries, Sweet (FD)	N/A	46	15	6	N/A	25 yrs.	1 yr.										•	•	•	•	Greece, USA
Grapes, Red Seedless (FD)	N/A	46	15	6	N/A	25 yrs.	1 yr.										•	•	•	•	Chile
Mangoes (FD)	N/A	43	14	8	N/A	25 yrs.	1 yr.										•	•	•	•	Mexico, Peru
Peach Slices (FD)	N/A	44	13	7	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Pears (FD)	N/A	46	15	6	N/A	25 yrs.	1 yr.										•	•	•	•	USA
Pineapple Chunks (FD)	N/A	44	15	5	N/A	25 yrs.	1 yr.										•	•	•	•	USA, Costa Rica
Raspberries (FD)	N/A	48	17	7	N/A	25 yrs.	1 yr.										•	•	•	•	USA, Chile, Serbia

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	Spice Can	#10	Pantry	Pouch	Bucket	Optimum	Opened	MILK	EGGS	PEANUT	TREE NUT	COCONUT	FISH	SHELLFISH	SOY	WHEAT	Gluten Free Certified		No GMO	No Hydrogenated Oils	No Artificial Colors	No Artificial Flavors	
FRUITS (CONT.)																							
Raspberries, Organic (FD)	N/A	48	16	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA, Chile, Serbia	
Strawberries, Sliced (FD)	N/A	44	14	5	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Strawberries, Whole (FD)	N/A	46	16	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA, Chile	
VEGETABLES																							
	Servings				Shelf Life*		Allergens							Other				Country of Origin					
Asparagus (FD)	N/A	48	16	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Broccoli (FD)	N/A	46	16	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	Mexico	
Carrot Dices	N/A	46	13	N/A	N/A	8 yrs.	1 yr.										•	•	•	•	•	USA, Poland	
Cauliflower (FD)	N/A	47	14	7	N/A	25 yrs.	1 yr.										•	•	•	•	•	Mexico	
Celery (FD)	N/A	44	14	7	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Corn, Sweet (FD)	N/A	46	15	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Garden Vegetable Seeds	N/A	N/A	N/A	N/A	N/A	5 yrs.	N/A										N/A	•	•	•	•	USA	
Green Beans (FD)	N/A	51	17	7	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Mushroom Pieces (FD)	N/A	47	13	7	N/A	25 yrs.	1 yr.										•	•	•	•	•	India	
Onions, Chopped (FD)	N/A	52	16	7	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Onions, Chopped	N/A	47	16	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Onions, Green (FD)	N/A	46	15	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA, Peru	
Peas, Green (FD)	N/A	41	13	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Peas, Organic (FD)	N/A	46	15	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Peas, Split Green	N/A	45	14	N/A	N/A	8 yrs.	1 yr.										•	•	•	•	•	USA	
Peppers, Green Bell (FD)	N/A	48	14	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	Mexico	
Peppers, Green Chili (FD)	N/A	48	16	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA, Mexico	
Peppers, Mixed Bell	N/A	42	12	N/A	N/A	7 yrs.	1 yr.										•	•	•	•	•	Uzbekistan	
Peppers, Red Bell (FD)	N/A	46	14	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA, Mexico	
Potato Beads	N/A	45	15	N/A	N/A	8 yrs.	1 yr.	•									•	+				USA	
Potato Chunks	N/A	48	15	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Potato Dices (FD)	N/A	41	12	5	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Spinach (FD)	N/A	45	13	8	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Tomato Dices (FD)	N/A	46	16	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Tomato Powder	N/A	86	28	15	N/A	8 yrs.	1 yr.										•	•	•	•	•	USA	
Zucchini (FD)	N/A	50	14	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
GRAINS																							
	Servings				Shelf Life*		Allergens							Other				Country of Origin					
9 Grain Cracked Cereal	N/A	45	14	N/A	N/A	5 yrs.	1 yr.										•	•	•	•	•	USA	
10 Grain Pancake Mix	N/A	39	13	N/A	N/A	3 yrs.	1 yr.	•	•								•	•	+	•	•	USA	
Amaranth	N/A	48	15	N/A	355	20 yrs.	1 yr.										•	•	•	•	•	India	
Amaranth, Organic	N/A	48	15	N/A	352	20 yrs.	1 yr.										•	•	•	•	•	India	
Barley, Pearled	N/A	50	16	N/A	403	8 yrs.	18 mo.										•	•	•	•	•	USA	
Cornmeal	N/A	46	14	N/A	378	25 yrs.	1 yr.										•	+	•	•	•	USA	
Egg Noodle Pasta	N/A	15	4	N/A	N/A	8 yrs.	2 yrs.	•									•	•	•	•	•	USA	
Elbow Macaroni	N/A	25	8	N/A	N/A	8 yrs.	2 yrs.										•	•	•	•	•	USA	
Flour, White	N/A	51	15	N/A	465	5 yrs.	1 yr.										•	•	•	•	•	USA	
Flour, Whole Wheat	N/A	52	15	N/A	517	5 yrs.	1 yr.										•	•	•	•	•	USA	
Germade	N/A	44	13	N/A	N/A	5 yrs.	1 yr.										•	•	•	•	•	USA	
Millet	N/A	52	15	N/A	400	20 yrs.	1 yr.										•	•	•	•	•	USA	

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GRAINS (CONT.)																							
Oat Groats	N/A	41	13	N/A	380	30 yrs.	1 yr.											•	•	•	•	USA	
Quick Oats	N/A	21	6	N/A	181	25 yrs.	1 yr.											•	•	•	•	USA	
Quinoa	N/A	36	12	N/A	302	20 yrs.	1 yr.											•	•	•	•	Bolivia, Peru	
Quinoa, Organic	N/A	46	15	N/A	352	20 yrs.	1 yr.											•	•	•	•	Bolivia, Peru	
Rice Flour	N/A	75	25	N/A	554	5 yrs.	1 yr.											•	+	•	•	USA	
Rice, Instant Brown	N/A	46	15	N/A	N/A	7 yrs.	1 yr.											•	+	•	•	USA	
Rice, Instant White	N/A	24	8	N/A	182	30 yrs.	2 yrs.											•	+	•	•	USA	
Rice, White	N/A	46	14	N/A	380	30 yrs.	5 yrs.											•	•	•	•	USA	
Spelt	N/A	46	15	N/A	403	30 yrs.	2 yrs.											•	•	•	•	USA	
Spelt, Organic	N/A	46	15	N/A	403	30 yrs.	2 yrs.											•	•	•	•	USA	
Wheat, Hard Red	N/A	48	15	N/A	404	30 yrs.	2 yrs.											•	•	•	•	USA	
Wheat, Hard White	N/A	50	15	N/A	403	30 yrs.	2 yrs.											•	•	•	•	USA	
Wheat, Hard White, Organic	N/A	46	15	N/A	370	30 yrs.	2 yrs.											•	•	•	•	USA	
DAIRY																							
	Servings				Shelf Life*		Allergens								Other				Country of Origin				
Cheese, Cheddar (FD)	N/A	44	14	6	N/A	20 yrs.	1 yr.	•										•	•	•	•	USA	
Cheese, Colby (FD)	N/A	45	13	6	N/A	20 yrs.	1 yr.	•										•	•	•	•	USA	
Cheese, Monterey Jack (FD)	N/A	44	14	6	N/A	20 yrs.	1 yr.	•										•	•	•	•	USA	
Cheese, Mozzarella (FD)	N/A	44	14	6	N/A	20 yrs.	1 yr.	•										•	•	•	•	USA	
Cheese Blend	N/A	45	13	N/A	N/A	15 yrs.	6 mo.	•										•	+	•		USA	
Chocolate Drink Mix	N/A	46	13	N/A	N/A	25 yrs.	1 yr.	•										•	+	•	•	USA	
Milk, Instant	N/A	53	16	N/A	437	25 yrs.	2 yrs.	•										•	•	•	•	USA	
Milk, Powdered	N/A	53	15	N/A	437	25 yrs.	2 yrs.	•										•	•	•	•	USA	
Sour Cream Powder	N/A	630	188	N/A	N/A	10 yrs.	1 yr.	•										•	•	•	•	USA	
Yogurt, Blueberry (FD)	N/A	48	15	6	N/A	25 yrs.	1 yr.	•										•	•	•	•	Germany	
Yogurt, Cherry (FD)	N/A	46	15	6	N/A	25 yrs.	1 yr.	•										•	•	•	•	Germany	
Yogurt, Passionfruit (FD)	N/A	43	13	6	N/A	25 yrs.	1 yr.	•										•	•	•	•	Germany	
Yogurt, Pomegranate (FD)	N/A	44	14	6	N/A	25 yrs.	1 yr.	•										•	•	•	•	Germany	
Yogurt, Strawberry (FD)	N/A	47	15	6	N/A	25 yrs.	1 yr.	•										•	•	•	•	Germany	
Yogurt, Vanilla (FD)	N/A	47	15	6	N/A	25 yrs.	1 yr.	•										•	•	•	•	Germany	
PROTEINS																							
	Servings				Shelf Life*		Allergens								Other				Country of Origin				
Beans, Black	N/A	47	15	N/A	387	30 yrs.	5 yrs.											•	•	•	•	USA, Canada	
Beans, Instant Black	N/A	46	15	N/A	N/A	25 yrs.	1 yr.											•	•	•	•	USA	
Beans, Instant Pinto	N/A	42	14	N/A	N/A	25 yrs.	1 yr.											•	•	•	•	USA	
Beans, Instant Red	N/A	42	14	N/A	N/A	25 yrs.	1 yr.											•	•	•	•	USA	
Beans, Kidney	N/A	46	14	N/A	429	30 yrs.	5 yrs.											•	•	•	•	USA, Canada	
Beans, Lima	N/A	67	17	N/A	N/A	30 yrs.	5 yrs.											•	•	•	•	USA, Canada	
Beans, Pinto	N/A	47	15	N/A	393	30 yrs.	5 yrs.											•	•	•	•	USA, Canada	
Beans, Small Red	N/A	63	12	N/A	552	30 yrs.	5 yrs.											•	•	•	•	USA, Canada	

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	Spice Can	#10	Pantry	Pouch	Bucket	Optimum	Opened	MILK	EGGS	PEANUT	TREE NUT	COCONUT	FISH	SHELLFISH	SOY	WHEAT	Gluten Free Certified	No GMO	No Hydrogenated Oils	No Artificial Colors		No Artificial Flavors	
Beans, Small White Navy	N/A	48	12	N/A	400	30 yrs.	5 yrs.										•	•	•	•	•	USA, Canada	
Beef Dices (FD)	N/A	22	7	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA, Argentina, Australia, New Zealand, Brazil, Uruguay, Canada	
Beef, Ground (FD)	N/A	23	7	N/A	N/A	25 yrs.	1 yr.										•	+	•	•	•	USA, Australia, New Zealand, Uruguay, Canada	
Beef, Roast (FD)	N/A	22	7	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA, Uruguay, Argentina	
Chicken, Chopped (FD)	N/A	22	7	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Chicken, Seasoned Slices (FD)	N/A	22	7	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Eggs, Scrambled Mix	N/A	107	32	N/A	N/A	7 yrs.	1 yr.		•								•	•	•	•	•	USA	
Eggs, Whites	N/A	200	66	N/A	N/A	3 yrs.	1 yr.		•								•	•	•	•	•	USA	
Eggs, Whole	N/A	216	66	N/A	N/A	3 yrs.	1 yr.		•								•	•	•	•	•	USA	
Ham Dices (FD)	N/A	18	6	N/A	N/A	25 yrs.	2 wks.										•	•	•	•	•	USA, Canada	
Lentils	N/A	78	20	N/A	378	30 yrs.	5 yrs.										•	•	•	•	•	USA	
Sausage Crumbles (FD)	N/A	22	7	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA	
Turkey Dices (FD)	N/A	22	7	N/A	N/A	25 yrs.	2 wks.										•	•	•	•	•	USA	
TVP, Bacon	N/A	47	15	N/A	N/A	10 yrs.	1 yr.								•		•	+	•	•	•	USA	
TVP, Beef	N/A	46	14	N/A	327	10 yrs.	1 yr.									•	•	+	•	•	•	USA	
TVP, Chicken	N/A	45	13	N/A	326	10 yrs.	1 yr.									•	•	+	•	•	•	USA	
TVP, Ham	N/A	45	14	N/A	N/A	10 yrs.	1 yr.								•	•	+	+				USA	
TVP, Sausage	N/A	45	14	N/A	N/A	10 yrs.	1 yr.									•	•	•	+	•	•	•	USA
TVP, Sloppy Joe	N/A	46	14	N/A	N/A	10 yrs.	1 yr.									•	•	•	+	•	•	•	USA
TVP, Taco	N/A	47	15	N/A	N/A	10 yrs.	1 yr.									•	•	+	•	•	•	•	USA

BASICS	Servings				Shelf Life*		Allergens										Other				Country of Origin		
Baking Powder	N/A	4250	1420	N/A	N/A	30 yrs.	2 yrs.											•	+	•	•	•	USA
Baking Soda	N/A	5443	1500	N/A	N/A	30 yrs.	2 yrs.											•	•	•	•	•	USA
Bouillon, Beef	N/A	575	175	N/A	N/A	5 yrs.	2 yrs.											•	+	•	•	•	USA
Bouillon, Chicken	N/A	575	160	N/A	N/A	5 yrs.	2 yrs.											•	+	•	•	•	USA
Butter Powder	N/A	531	171	N/A	N/A	5 yrs.	9 mo.	•										•	•	•	•	•	USA
Honey Crystals	N/A	468	142	N/A	N/A	25 yrs.	1 yr.											•	•	•	•	•	USA
Salt, Iodized	N/A	2016	556	N/A	N/A	30 yrs.	2 yrs.											•	•	•	•	•	USA
Shortening Powder	N/A	200	67	N/A	N/A	10 yrs.	1 yr.								•			•	+		•	•	USA
Sugar, Brown	N/A	501	150	N/A	N/A	10 yrs.	1 yr.											•	•	•	•	•	USA
Sugar, Powdered	N/A	46	14	N/A	N/A	30 yrs.	2 yrs.											•	•	•	•	•	USA
Sugar, White	N/A	646	202	N/A	4,536	30 yrs.	2 yrs.											•	•	•	•	•	USA

DRINKS	Servings				Shelf Life*		Allergens										Other				Country of Origin			
Classic Lemonade	N/A	224	N/A	N/A	N/A	5 yrs.	1 yr.												•	•	•	•	•	USA
Fruit Punch Performance	N/A	85	25	N/A	N/A	3 yrs.	1 yr.												•	+	•	•	•	USA
Mango Passion	N/A	85	25	N/A	N/A	3 yrs.	1 yr.												•	+	•	•	•	USA
Melon Berry Burst	N/A	85	25	N/A	N/A	3 yrs.	1 yr.												•	+	•	•	•	USA
Orange Bliss	N/A	85	25	15	N/A	3 yrs.	1 yr.												•	+	•	•	•	USA

*Pouch size has a shelf life of up to 5 years. (FD) = Freeze Dried. All Thrive products are free of MSG.



THRIVE™ Product Detail Document

DESSERTS	Servings					Shelf Life*		Allergens							Other				Country of Origin			
	Spice Can	#10	Pantry	Pouch	Bucket	Optimum	Opened	MILK	EGGS	PEANUT	TREE NUT	COCONUT	FISH	SHELLFISH	SOY	WHEAT	Gluten Free Certified	No GMO		No Hydrogenated Oils	No Artificial Colors	No Artificial Flavors
Fudge Brownies	N/A	45	15	N/A	N/A	20 yrs.	1 yr.		•						•	•	+					USA
Ice Cream, Chocolate Bars (FD)	N/A	14	5	1	N/A	25 yrs.	1 yr.	•							•	•	•	•	•			USA
Ice Cream, Neapolitan Bits (FD)	N/A	44	14	N/A	N/A	25 yrs.	1 yr.	•							•	•	•	•	•			USA
Ice Cream, Sandwiches (FD)	N/A	14	4	1	N/A	25 yrs.	1 yr.	•							•	•	•	•	•			USA
Macarons	N/A	45	13	N/A	N/A	20 yrs.	6 mo.		•			•			•	•	+	•	•	•		USA

*Pouch size has a maximum closed shelf life up to 5 years. In the correct storage container, low-moisture foods stored in dry areas at room temperature or cooler (75°F/24°C or lower) can remain nutritious and edible for years. Studies show that even after being stored long-term, properly packaged food will help sustain life in an emergency.

The shelf life stated on all of Thrive Life's® products is based on a "will sustain life" shelf life. This means that although time and heat may degrade the nutrition, color, and texture of all foods, our products will still be safe to eat and will sustain life through the stated shelf life.

+ *Gluten-Free Certified*: Products are currently under review and will be Certified Gluten-Free once review process is complete.

+ *No GMO*: Products are currently under review and will be changed to non-GMO status once process is complete and if products exist that meet our standards of taste, quality and price.

NG *Gluten-Free Certified*: These products are naturally gluten-free; however the process to certify them gluten-free is lengthy. We are working towards certifying them in the future.

Though Thrive Life provides this comprehensive tool, please remember to read through each label before consuming any of our products to ensure consumption is safe for those with allergies or other reactions to foods.

The information in this document is intended to provide you with a comprehensive tool, however it is subject to change and only contains information on products currently offered.

All Thrive products are free of MSG.

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