



THRIVE™ Product Detail Document

| | Servings | | | | | Shelf Life* | | Allergens | | | | | | | Other | | | | | Country of Origin | | | |
|-----------------------------------|----------|--------|-------|-----------|--------|-------------|---------|-----------|------|--------|----------|---------|------|-----------|-------|-------|-----------------------|--------|----------------------|-------------------|----------------------|-----------------------|--|
| | #10 | Pantry | Pouch | Spice Can | 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 | |
| THRIVE EXPRESS | | | | | | | | | | | | | | | | | | | | | | | |
| Baked Potato Cheese Soup | N/A | N/A | 4 | N/A | N/A | 5 yr. | N/A | • | | | | | | | | | NG | • | • | • | • | • | USA |
| Broccoli Cheese Soup | N/A | N/A | 4 | N/A | N/A | 5 yr. | N/A | • | | | | | | | | | NG | + | • | • | • | • | USA |
| Chili Lime Chicken Rice | N/A | N/A | 4 | N/A | N/A | 5 yr. | N/A | • | | | | | | | | | NG | + | • | • | • | • | USA |
| Creamy Beef and Noodles | N/A | N/A | 3 | N/A | N/A | 5 yr. | N/A | • | | | | | | | | • | | + | • | • | • | • | USA |
| Creamy Chicken Noodle Soup | N/A | N/A | 4 | N/A | N/A | 5 yr. | N/A | • | | | | | | | | • | | + | • | • | • | • | USA |
| Creamy Garden Vegetable Chowder | N/A | N/A | 4 | N/A | N/A | 5 yr. | N/A | • | | | | | | | | | NG | + | • | • | • | • | USA |
| Garden Fresh Vegetable Pasta | N/A | N/A | 2.5 | N/A | N/A | 5 yr. | N/A | • | | | | | | | | • | | + | • | • | • | • | USA |
| Hearty Chili with Beans | N/A | N/A | 4 | N/A | N/A | 5 yr. | N/A | | | | | | | | | | NG | + | • | • | • | • | USA |
| Loaded Scalloped Potatoes | N/A | N/A | 4 | N/A | N/A | 5 yr. | N/A | • | | | | | | | | • | | + | • | • | • | • | USA |
| Pasta Carbonara | N/A | N/A | 3 | N/A | N/A | 5 yr. | N/A | • | • | | | | | | | • | | + | • | • | • | • | USA |
| Southwestern-Style Chicken & Rice | N/A | N/A | 4 | N/A | N/A | 5 yr. | N/A | • | | | | | | | | | NG | + | • | • | • | • | USA |
| Wild Rice Pilaf | N/A | N/A | 4 | N/A | N/A | 5 yr. | N/A | • | | | | | | | | | NG | + | • | • | • | • | USA |
| BAKERY | | | | | | | | | | | | | | | | | | | | | | | |
| 10 Grain Pancake Mix | 72 | 24 | N/A | N/A | N/A | 3 yr. | 3-6 mo. | • | • | | | | | | | • | | • | • | • | • | • | USA |
| Classic Cookie Dough Mix | 108 | 36 | N/A | N/A | N/A | 3 yr. | 3-6 mo. | | • | | | | | | | • | | • | • | • | • | • | USA |
| Country White Dough Mix | 45 | 15 | N/A | N/A | N/A | 3 yr. | 3-6 mo. | • | • | | | | | | • | • | | • | • | • | • | • | USA |
| Fudge Brownie Mix | 48 | 16 | N/A | N/A | N/A | 3 yr. | 3-6 mo. | • | • | | | | | | | • | | • | • | • | • | • | USA |
| Golden Cornbread Mix | 27 | 9 | N/A | N/A | N/A | 3 yr. | 3-6 mo. | • | • | | | | | | | • | | • | • | • | • | • | USA |
| Honey Whole Wheat Dough Mix | 45 | 15 | N/A | N/A | N/A | 3 yr. | 3-6 mo. | • | • | | | | | | • | • | | • | • | • | • | • | USA |
| Macaroon Cookie Mix | 78 | 26 | N/A | N/A | N/A | 3 yr. | 3-6 mo. | | • | | | • | | | | | • | • | • | • | • | • | USA |
| Vanilla Sugar Cookie Dough Mix | 72 | 24 | N/A | N/A | N/A | 3 yr. | 3-6 mo. | | • | | | | | | | • | | • | • | • | • | • | USA |
| SAUCES | | | | | | | | | | | | | | | | | | | | | | | |
| Béchamel (Creamy White Sauce) | N/A | 32 | N/A | N/A | N/A | 10 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | • | USA |
| Espagnole (Savory Beef Gravy) | N/A | 80 | N/A | N/A | N/A | 10 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | • | USA |
| Tomato (Classic Tomato Sauce) | N/A | 64 | N/A | N/A | N/A | 10 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | • | USA |
| Velouté (Rich Chicken Gravy) | N/A | 64 | N/A | N/A | N/A | 10 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | • | USA |
| SEASONINGS | | | | | | | | | | | | | | | | | | | | | | | |
| Basil (FD) | N/A | N/A | N/A | 130 | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Chef's Choice Seasoning Blend | N/A | N/A | N/A | 160 | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Chives (FD) | N/A | N/A | N/A | 130 | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Peru |
| Cilantro (FD) | N/A | N/A | N/A | 130 | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Peru |
| Italian Seasoning Blend | N/A | N/A | N/A | 110 | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Germany |
| Oregano (FD) | N/A | N/A | N/A | 130 | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Peru |
| Parsley (FD) | N/A | N/A | N/A | 130 | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Peru |
| Peppercorn Seasoning Blend | N/A | N/A | N/A | 150 | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Pure Vanilla Powder | N/A | N/A | N/A | N/A | N/A | 5 yr. | 5 yr. | | | | | | | | | | • | • | • | • | • | • | Madagascar, Indonesia, India, Uganda, Mexico, Papua New Guinea, Tahiti |
| Salad Seasoning Blend | N/A | N/A | N/A | 105 | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Germany |
| FRUITS | | | | | | | | | | | | | | | | | | | | | | | |
| Apples, Fuji (FD) | 46 | 16 | 6 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Apples, Granny Smith (FD) | 45 | 14 | 6 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Applesauce | 44 | 15 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |

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



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|---------------------------|----------|--------|-------|-----------|--------|-------------|---------|-----------|------|--------|----------|---------|------|-----------|-------|-------|-----------------------|--------|----------------------|-------------------|----------------------|-----------------------|----------------------------|
| | #10 | Pantry | Pouch | Spice Can | 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.) | | | | | | | | | | | | | | | | | | | | | | | |
| Apricots (FD) | 48 | 14 | 7 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Banana Slices (FD) | 42 | 13 | 6 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Ecuador |
| Blackberries (FD) | 48 | 16 | 7 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Chile, Serbia |
| Blueberries (FD) | 51 | 17 | 9 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Canada, Honduras |
| Cherries, Sweet (FD) | 46 | 15 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Greece, Turkey |
| Grapes, Red Seedless (FD) | 46 | 15 | 6 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Chile |
| Mangoes (FD) | 43 | 14 | 8 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Mexico, Peru |
| Peach Slices (FD) | 44 | 13 | 7 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Chile |
| Pears (FD) | 46 | 15 | 6 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Pineapple Chunks (FD) | 44 | 15 | 4 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Costa Rica |
| Raspberries (FD) | 48 | 17 | 7 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Chile, Serbia, Poland |
| Raspberries, Organic (FD) | 48 | 16 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Chile, Serbia |
| Strawberry Slices (FD) | 45 | 14 | 5 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Strawberries, Whole (FD) | 46 | 16 | 6 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Chile |
| VEGETABLES | | | | | | | | | | | | | | | | | | | | | | | |
| Asparagus (FD) | 48 | 16 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Broccoli (FD) | 46 | 16 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Mexico |
| Carrot Dices | 40 | 13 | N/A | N/A | N/A | 8 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Poland |
| Cauliflower (FD) | 43 | 14 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Mexico |
| Celery (FD) | 44 | 14 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Corn, Sweet (FD) | 46 | 15 | 6 | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Green Beans (FD) | 51 | 17 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Mushroom Pieces (FD) | 47 | 13 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | India |
| Onions, Chopped (FD) | 52 | 16 | N/A | N/A | N/A | 25 yr. | 2 yr. | | | | | | | | | | • | • | • | • | • | • | USA, India |
| Onions, Chopped | 47 | 16 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Onions, Green (FD) | 46 | 15 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Peru |
| Peas, Green (FD) | 41 | 13 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Peas, Organic (FD) | 46 | 15 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Peas, Split Green | 45 | 14 | N/A | N/A | N/A | 8 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Peppers, Green Bell (FD) | 48 | 14 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Mexico |
| Peppers, Green Chili (FD) | 48 | 16 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Mexico |
| Peppers, Mixed Bell | 42 | 12 | N/A | N/A | N/A | 7 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Uzbekistan |
| Peppers, Red Bell (FD) | 46 | 14 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Mexico |
| Potato Chunks | 48 | 15 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Potato Dices (FD) | 41 | 12 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Potatoes, Mashed (FD) | 22 | 6 | N/A | N/A | N/A | 5 yr. | 3-6 mo. | | | | | | | | | | • | • | • | • | • | • | USA |
| Spinach (FD) | 46 | 15 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Squash, Butternut (FD) | 46 | 14 | N/A | N/A | N/A | 25 yr. | 1 mo. | | | | | | | | | | • | • | • | • | • | • | USA |
| Sweet Potatoes | 44 | 14 | N/A | N/A | N/A | 8 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | Peru |
| Tomato Dices (FD) | 46 | 14 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Tomato Powder | 86 | 28 | N/A | N/A | N/A | 8 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Zucchini (FD) | 50 | 14 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA |

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| | #10 | Pantry | Pouch | Spice Can | 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 |
| 9 Grain Cracked Cereal | 45 | 14 | N/A | N/A | N/A | 5 yr. | 1 yr. | | | | | | | | | • | • | • | • | • | USA | |
| Amaranth, Organic | 48 | 15 | N/A | N/A | N/A | 20 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | India |
| Barley, Pearled | 50 | 16 | N/A | N/A | N/A | 8 yr. | 18 mo. | | | | | | | | | | | • | • | • | • | USA |
| Cornmeal | 64 | 20 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA |
| Creamy Wheat Cereal | 44 | 14 | N/A | N/A | N/A | 5 yr. | N/A | | | | | | | | | • | • | • | • | • | USA | |
| Flour, White (Unbleached) | 60 | 15 | N/A | N/A | 544 | 5 yr. | 1 yr. | | | | | | | | | • | • | • | • | • | USA | |
| Flour, Whole Wheat | 47 | 14 | N/A | N/A | 517 | 5 yr. | 1 yr. | | | | | | | | | • | • | • | • | • | USA | |
| Millet | 52 | 15 | N/A | N/A | N/A | 20 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA |
| Oat Groats | 41 | 13 | N/A | N/A | N/A | 30 yr. | 1 yr. | | | | | | | | | | | • | • | • | • | USA |
| Oats, Quick | 21 | 6 | N/A | N/A | 181 | 25 yr. | 1 yr. | | | | | | | | | | | • | • | • | • | USA |
| Pasta, Egg Noodle | 18 | 4 | N/A | N/A | N/A | 8 yr. | 2 yr. | | • | | | | | | | • | • | • | • | • | USA | |
| Pasta, Elbow Macaroni | 25 | 8 | N/A | N/A | N/A | 8 yr. | 2 yr. | | | | | | | | | • | • | • | • | • | USA | |
| Pasta, Rainbow Farfalle | 13 | 4 | N/A | N/A | N/A | 8 yr. | 1 yr. | | | | | | | | | • | • | • | • | • | USA | |
| Pasta, Whole Grain Mini Penne | 21 | 7 | N/A | N/A | N/A | 8 yr. | 1 yr. | | | | | | | | | • | • | • | • | • | USA | |
| Quinoa, Organic | 46 | 15 | N/A | N/A | N/A | 20 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | Bolivia, Peru |
| Rice Flour | 75 | 25 | N/A | N/A | N/A | 5 yr. | 1 yr. | | | | | | | | | | • | + | • | • | • | USA |
| Rice, Instant Brown | 46 | 15 | N/A | N/A | N/A | 7 yr. | 1 yr. | | | | | | | | | | • | + | • | • | • | USA |
| Rice, Instant White | 24 | 8 | N/A | N/A | 182 | 30 yr. | 2 yr. | | | | | | | | | | • | + | • | • | • | USA |
| Rice, White | 46 | 14 | N/A | N/A | 380 | 30 yr. | 5 yr. | | | | | | | | | | • | • | • | • | • | USA |
| Spelt, Organic | 46 | 15 | N/A | N/A | N/A | 30 yr. | 2 yr. | | | | | | | | | • | • | • | • | • | USA | |
| Wheat, Hard Red | 48 | 15 | N/A | N/A | 404 | 30 yr. | 2 yr. | | | | | | | | | • | • | • | • | • | USA | |
| Wheat, Hard White | 46 | 15 | N/A | N/A | 370 | 30 yr. | 2 yr. | | | | | | | | | • | • | • | • | • | USA | |
| Wheat, Hard White, Organic | 46 | 15 | N/A | N/A | N/A | 30 yr. | 2 yr. | | | | | | | | | • | • | • | • | • | USA | |
| DAIRY | Servings | | | | | Shelf Life* | | Allergens | | | | | | | | Other | | | | | Country of Origin | |
| | #10 | Pantry | Pouch | Spice Can | 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 |
| Cheese Blend | 45 | 13 | N/A | N/A | N/A | 15 yr. | 6 mo. | • | | | | | | | | | • | + | • | | | USA |
| Cheese, Cheddar (FD) | 44 | 14 | N/A | N/A | N/A | 20 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | USA |
| Cheese, Colby (FD) | 45 | 13 | N/A | N/A | N/A | 20 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | USA |
| Cheese, Monterey Jack (FD) | 44 | 14 | N/A | N/A | N/A | 20 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | USA |
| Cheese, Mozzarella (FD) | 44 | 15 | N/A | N/A | N/A | 20 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | USA |
| Cheese, Shredded Parmesan (FD) | 180 | 60 | N/A | N/A | N/A | 20 yr. | 3-6 mo. | • | | | | | | | | | • | • | • | • | • | USA |
| Milk, Instant | 53 | 16 | N/A | N/A | 437 | 25 yr. | 2 yr. | • | | | | | | | | | • | • | • | • | • | USA |
| Milk, Powdered Nonfat | 53 | 15 | N/A | N/A | 437 | 25 yr. | 2 yr. | • | | | | | | | | | • | • | • | • | • | USA |
| Sour Cream Powder | 630 | 188 | N/A | N/A | N/A | 10 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | USA |
| Yogurt, Blueberry (FD) | 48 | 15 | 6 | N/A | N/A | 25 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | Germany |
| Yogurt, Cherry (FD) | 46 | 15 | 6 | N/A | N/A | 25 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | Germany |
| Yogurt, Greek (FD) | 46 | 14 | N/A | N/A | N/A | 25 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | Germany |
| Yogurt, Passionfruit (FD) | 43 | 13 | 6 | N/A | N/A | 25 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | Germany |
| Yogurt, Pomegranate (FD) | 44 | 14 | 6 | N/A | N/A | 25 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | Germany |
| Yogurt, Strawberry (FD) | 47 | 15 | 6 | N/A | N/A | 25 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | Germany |
| Yogurt, Vanilla (FD) | 47 | 15 | 6 | N/A | N/A | 25 yr. | 1 yr. | • | | | | | | | | | • | • | • | • | • | Germany |

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| | #10 | Pantry | Pouch | Spice Can | 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, Black | 47 | 15 | N/A | N/A | 387 | 30 yr. | 5 yr. | | | | | | | | | | • | • | • | • | • | USA, Canada | |
| Beans, Instant Black | 46 | 15 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA | |
| Beans, Instant Pinto | 42 | 14 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA | |
| Beans, Instant Red | 42 | 14 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA | |
| Beans, Instant Refried | 44 | 14 | N/A | N/A | N/A | 25 yr. | 6-12 mo. | | | | | | | | | | • | • | • | • | • | USA | |
| Beans, Kidney | 46 | 14 | N/A | N/A | N/A | 30 yr. | 5 yr. | | | | | | | | | | • | • | • | • | • | USA, Canada | |
| Beans, Lima | 46 | 14 | N/A | N/A | N/A | 30 yr. | 5 yr. | | | | | | | | | | • | • | • | • | • | USA, Canada | |
| Beans, Pinto | 47 | 15 | N/A | N/A | N/A | 30 yr. | 5 yr. | | | | | | | | | | • | • | • | • | • | USA, Canada | |
| Beans, Small Red | 46 | 15 | N/A | N/A | N/A | 30 yr. | 5 yr. | | | | | | | | | | • | • | • | • | • | USA, Canada | |
| Beans, Small White Navy | 48 | 12 | N/A | N/A | N/A | 30 yr. | 5 yr. | | | | | | | | | | • | • | • | • | • | USA, Canada | |
| Beef Dices (FD) | 22 | 7 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA, Argentina, Australia, New Zealand, Brazil, Uruguay, Canada | |
| Beef, Ground (Hamburger) (FD) | 23 | 7 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | + | • | • | • | USA, Australia, New Zealand, Uruguay, Canada | |
| Beef, Roast (FD) | 22 | 7 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA, Uruguay, Argentina | |
| Chicken, Chopped (FD) | 22 | 7 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA | |
| Chicken, Seasoned Slices (FD) | 22 | 7 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA | |
| Eggs, Scrambled Mix | 103 | 31 | N/A | N/A | N/A | 7 yr. | 1 yr. | | • | | | | | | | | • | • | • | • | • | USA | |
| Eggs, Whole | 216 | 66 | N/A | N/A | N/A | 3 yr. | 1 yr. | | • | | | | | | | | • | • | • | • | • | USA | |
| Ham Dices (FD) | 18 | 6 | N/A | N/A | N/A | 25 yr. | 2 wks. | | | | | | | | | | • | • | • | • | • | USA, Canada | |
| Lentils | 46 | 15 | N/A | N/A | 378 | 30 yr. | 5 yr. | | | | | | | | | | • | • | • | • | • | USA | |
| Sausage Crumbles (FD) | 22 | 7 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA | |
| Turkey Dices (FD) | 22 | 7 | N/A | N/A | N/A | 25 yr. | 2 wks. | | | | | | | | | | • | • | • | • | • | USA | |
| TVP, Bacon | 47 | 15 | N/A | N/A | N/A | 10 yr. | 1 yr. | | | | | | | | • | | • | + | • | • | • | USA | |
| TVP, Beef | 46 | 14 | N/A | N/A | N/A | 10 yr. | 1 yr. | | | | | | | | • | | • | + | • | • | • | USA | |
| TVP, Chicken | 46 | 15 | N/A | N/A | N/A | 10 yr. | 1 yr. | | | | | | | | • | | • | + | • | • | • | USA | |
| TVP, Ham | 45 | 14 | N/A | N/A | N/A | 10 yr. | 1 yr. | | | | | | | | • | | • | + | • | • | • | USA | |
| TVP, Sloppy Joe | 46 | 14 | N/A | N/A | N/A | 10 yr. | 1 yr. | | | | | | | | • | | • | + | • | • | • | USA | |
| TVP, Taco | 47 | 15 | N/A | N/A | N/A | 10 yr. | 1 yr. | | | | | | | | • | | • | + | • | • | • | USA | |
| BASICS | Servings | | | | | Shelf Life* | | Allergens | | | | | | | | Other | | | | | Country of Origin | | |
| | #10 | Pantry | Pouch | Spice Can | 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 | |
| Baking Powder | 4250 | 1420 | N/A | N/A | N/A | 5 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA | |
| Baking Soda | 5443 | 1500 | N/A | N/A | N/A | 30 yr. | 2 yr. | | | | | | | | | | | • | • | • | • | • | USA |
| Bouillon, Beef | 575 | 175 | N/A | N/A | N/A | 5 yr. | 1 yr. | | | | | | | | | | | • | • | • | • | • | USA |
| Bouillon, Chicken | 575 | 160 | N/A | N/A | N/A | 5 yr. | 1 yr. | | | | | | | | | | | • | • | • | • | • | USA |
| Butter Powder | 531 | 171 | N/A | N/A | N/A | 5 yr. | 9 mo. | • | | | | | | | | | • | • | • | • | • | USA | |
| Flour, Peanut | 90 | 30 | N/A | N/A | N/A | 5 yr. | 3-6 mo. | | • | | | | | | | | • | • | • | • | • | USA | |
| Honey Crystals | 468 | 142 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA | |
| Salt, Iodized | 2016 | 556 | N/A | N/A | N/A | 30 yr. | 2 yr. | | | | | | | | | | • | • | • | • | • | USA | |
| Shortening Powder | 200 | 67 | N/A | N/A | N/A | 3 yr. | 1 yr. | • | | | | | | | • | | • | • | • | • | • | USA | |
| Sugar, Brown | 501 | 150 | N/A | N/A | N/A | 10 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | USA | |
| Sugar, Cane | 646 | 202 | N/A | N/A | 4,536 | 30 yr. | 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

| | Servings | | | | | Shelf Life* | | Allergens | | | | | | | Other | | | | | Country of Origin | | | |
|-------------------------------|----------|--------|-------|-----------|--------|-------------|---------|-----------|------|--------|----------|---------|------|-----------|-------|-------|-----------------------|--------|----------------------|-------------------|----------------------|-----------------------|-------------|
| | #10 | Pantry | Pouch | Spice Can | 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 | |
| BASICS (CONT.) | | | | | | | | | | | | | | | | | | | | | | | |
| Sugar, Powdered | 46 | 14 | N/A | N/A | N/A | 30 yr. | 2 yr. | | | | | | | | | | • | • | • | • | • | • | USA |
| Yeast, Instant Dry | N/A | 30 | N/A | N/A | N/A | 4 yr. | 2 yrs | | | | | | | | | | • | • | • | • | • | • | Mexico |
| DRINKS | | | | | | | | | | | | | | | | | | | | | | | |
| Orange Bliss | 85 | 25 | N/A | N/A | N/A | 3 yr. | 3-6 mo. | | | | | | | | | | • | • | • | • | • | • | USA |
| Orchard Apple | 85 | 25 | N/A | N/A | N/A | 3 yr. | 3-6 mo. | | | | | | | | | | • | • | • | • | • | • | USA |
| Simply Peach | 85 | 25 | N/A | N/A | N/A | 3 yr. | 3-6 mo. | | | | | | | | | | • | • | • | • | • | • | USA |
| LIMITED-TIME PRODUCTS† | | | | | | | | | | | | | | | | | | | | | | | |
| Classic Lemonade | N/A | 224 | N/A | N/A | N/A | 5 yr. | N/A | | | | | | | | | | • | • | • | • | • | • | USA |
| Cranberries (FD) | 48 | 15 | N/A | N/A | N/A | 25 yr. | 1 yr. | | | | | | | | | | • | • | • | • | • | • | USA, Canada |
| Gourmet Hot Cocoa | 78 | 25 | N/A | N/A | N/A | 5 yr. | 3-6 mo. | • | | | | • | | | | | • | • | • | • | • | • | USA |
| Onion Slices (FD) | 45 | 14 | N/A | N/A | N/A | 25 yr. | 3-6 mo. | | | | | | | | | | • | • | • | • | • | • | USA |
| Spiced Apple Cider | N/A | 224 | N/A | N/A | N/A | 5 yr. | 3-6 mo. | | | | | | | | | | • | • | • | • | • | • | USA |
| Summer Limeade | N/A | 224 | N/A | N/A | N/A | 5 yr. | N/A | | | | | | | | | | • | • | • | • | • | • | USA |
| Zesty Guacamole | N/A | 14 | N/A | N/A | N/A | 1 yr. | N/A | | | | | | | | | | • | • | • | • | • | • | Mexico |
| PARTY SAMPLE CANS | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Salad Mix | N/A | 6 | N/A | N/A | N/A | 10 yr. | 1 yr. | | | | | | | | | | NG | • | • | • | • | • | USA |
| Golden Cornbread Mix | N/A | 9 | N/A | N/A | N/A | 10 yr. | 1 yr. | • | • | | | | | | | | • | • | • | • | • | • | USA |
| Garden Fresh Salsa Mix | N/A | 10 | N/A | N/A | N/A | 10 yr. | 1 yr. | | | | | | | | | | NG | • | • | • | • | • | USA |
| Simply Peach Smoothie Mix | N/A | 4.5 | N/A | N/A | N/A | 10 yr. | 1 yr. | • | | | | | | | | | NG | • | • | • | • | • | USA |

† See current price list addendum for availability.

*The shelf life stated on all Thrive Life™ 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. 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. Pouch size has a maximum closed shelf life up to 5 years. Opened shelf life varies greatly depending on temperature, humidity, and many other climate, environment, and storage factors. The provided number or date range is merely a recommendation and is based on optimal storage conditions as previously stated.

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

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.

+ 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.

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.

THRIVE foods are processed in a facility that is gluten-free, FDA, USDA, and USDA organic certified. The allergens contained in each product are listed in this document. All products are processed in a facility that handles milk, egg, soy, wheat, and coconut products; however, we follow strict HACCP food safety procedures as prescribed by the FDA in order to prevent any cross contamination of allergens between product runs. Product labels may list tree nuts, as coconut is considered a tree nut by the FDA, but coconut is the only nut product processed in our facility.

All Thrive products are free of MSG.

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