



THRIVE™ Servings & Shelf life

THRIVE EXPRESS	Servings					Shelf Life*	
	#10	Pantry	Pouch	Spice Can	Bucket	Optimum	Opened
Baked Potato Cheese Soup	N/A	N/A	4	N/A	N/A	5 yrs.	N/A
Broccoli Cheese Soup	N/A	N/A	4	N/A	N/A	5 yrs.	N/A
Chili Lime Chicken Rice	N/A	N/A	4	N/A	N/A	5 yrs.	N/A
Creamy Beef and Noodles	N/A	N/A	3	N/A	N/A	5 yrs.	N/A
Creamy Chicken Noodle Soup	N/A	N/A	4	N/A	N/A	5 yrs.	N/A
Creamy Garden Vegetable Chowder	N/A	N/A	4	N/A	N/A	5 yrs.	N/A
Garden Fresh Vegetable Pasta	N/A	N/A	2.5	N/A	N/A	5 yrs.	N/A
Hearty Chili with Beans	N/A	N/A	4	N/A	N/A	5 yrs.	N/A
Loaded Scalloped Potatoes	N/A	N/A	4	N/A	N/A	5 yrs.	N/A
Pasta Carbonara	N/A	N/A	3	N/A	N/A	5 yrs.	N/A
Southwestern-Style Chicken & Rice	N/A	N/A	4	N/A	N/A	5 yrs.	N/A
Wild Rice Pilaf	N/A	N/A	4	N/A	N/A	5 yrs.	N/A

BAKERY	Servings					Shelf Life*	
	#10	Pantry	Pouch	Spice Can	Bucket	Optimum	Opened
10 Grain Pancake Mix	72	24	N/A	N/A	N/A	3 yrs.	3-6 mo.
Classic Cookie Dough Mix	108	36	N/A	N/A	N/A	3 yrs.	3-6 mo.
Country White Dough Mix	45	15	N/A	N/A	N/A	3 yrs.	3-6 mo.
Fudge Brownie Mix	48	16	N/A	N/A	N/A	3 yrs.	3-6 mo.
Golden Cornbread Mix	27	9	N/A	N/A	N/A	3 yrs.	3-6 mo.
Honey Whole Wheat Dough Mix	45	15	N/A	N/A	N/A	3 yrs.	3-6 mo.
Macaroon Cookie Mix	78	26	N/A	N/A	N/A	3 yrs.	3-6 mo.
Vanilla Sugar Cookie Dough Mix	72	24	N/A	N/A	N/A	3 yrs.	3-6 mo.

SAUCES	Servings					Shelf Life*	
	#10	Pantry	Pouch	Spice Can	Bucket	Optimum	Opened
Béchalme (Creamy White Sauce)	N/A	32	N/A	N/A	N/A	10 yrs.	1 yr.
Espagnole (Savory Beef Gravy)	N/A	80	N/A	N/A	N/A	10 yrs.	1 yr.
Tomato (Classic Tomato Sauce)	N/A	64	N/A	N/A	N/A	10 yrs.	1 yr.
Velouté (Rich Chicken Gravy)	N/A	64	N/A	N/A	N/A	10 yrs.	1 yr.

SEASONINGS	Servings					Shelf Life*	
	#10	Pantry	Pouch	Spice Can	Bucket	Optimum	Opened
Basil (FD)	N/A	N/A	N/A	130	N/A	25 yrs.	1 yr.
Chef's Choice Seasoning Blend	N/A	N/A	N/A	160	N/A	25 yrs.	1 yr.
Chives (FD)	N/A	N/A	N/A	130	N/A	25 yrs.	1 yr.
Cilantro (FD)	N/A	N/A	N/A	130	N/A	25 yrs.	1 yr.
Italian Seasoning Blend	N/A	N/A	N/A	110	N/A	25 yrs.	1 yr.
Oregano (FD)	N/A	N/A	N/A	130	N/A	25 yrs.	1 yr.
Parsley (FD)	N/A	N/A	N/A	130	N/A	25 yrs.	1 yr.
Peppercorn Seasoning Blend	N/A	N/A	N/A	150	N/A	25 yrs.	1 yr.
Pure Vanilla Powder	N/A	N/A	N/A	N/A	N/A	5 yrs.	5 yrs.
Salad Seasoning Blend	N/A	N/A	N/A	105	N/A	25 yrs.	1 yr.

FRUITS	Servings					Shelf Life*	
	#10	Pantry	Pouch	Spice Can	Bucket	Optimum	Opened
Apples, Fuji (FD)	46	16	6	N/A	N/A	25 yrs.	1 yr.
Apples, Granny Smith (FD)	45	14	6	N/A	N/A	25 yrs.	1 yr.
Applesauce	44	15	N/A	N/A	N/A	25 yrs.	1 yr.
Apricots (FD)	48	14	7	N/A	N/A	25 yrs.	1 yr.
Banana Slices (FD)	42	13	6	N/A	N/A	25 yrs.	1 yr.
Blackberries (FD)	48	16	7	N/A	N/A	25 yrs.	1 yr.
Blueberries (FD)	51	17	9	N/A	N/A	25 yrs.	1 yr.

FRUITS (CONT.)	Servings					Shelf Life*	
	#10	Pantry	Pouch	Spice Can	Bucket	Optimum	Opened
Cherries, Sweet (FD)	46	15	N/A	N/A	N/A	25 yrs.	1 yr.
Grapes, Red Seedless (FD)	46	15	6	N/A	N/A	25 yrs.	1 yr.
Mangoes (FD)	43	14	8	N/A	N/A	25 yrs.	1 yr.
Peach Slices (FD)	44	13	7	N/A	N/A	25 yrs.	1 yr.
Pears (FD)	46	15	6	N/A	N/A	25 yrs.	1 yr.
Pineapple Chunks (FD)	44	15	4	N/A	N/A	25 yrs.	1 yr.
Raspberries (FD)	48	17	7	N/A	N/A	25 yrs.	1 yr.
Raspberries, Organic (FD)	48	16	N/A	N/A	N/A	25 yrs.	1 yr.
Strawberry Slices (FD)	45	14	5	N/A	N/A	25 yrs.	1 yr.
Strawberries, Whole (FD)	46	16	6	N/A	N/A	25 yrs.	1 yr.

VEGETABLES	Servings					Shelf Life*	
	#10	Pantry	Pouch	Spice Can	Bucket	Optimum	Opened
Asparagus (FD)	48	16	N/A	N/A	N/A	25 yrs.	1 yr.
Broccoli (FD)	46	16	N/A	N/A	N/A	25 yrs.	1 yr.
Carrot Dices	40	13	N/A	N/A	N/A	8 yrs.	1 yr.
Cauliflower (FD)	43	14	N/A	N/A	N/A	25 yrs.	1 yr.
Celery (FD)	44	14	N/A	N/A	N/A	25 yrs.	1 yr.
Corn, Sweet (FD)	46	15	6	N/A	N/A	25 yrs.	1 yr.
Green Beans (FD)	51	17	N/A	N/A	N/A	25 yrs.	1 yr.
Mushroom Pieces (FD)	47	13	N/A	N/A	N/A	25 yrs.	1 yr.
Onions, Chopped (FD)	52	16	N/A	N/A	N/A	25 yrs.	2 yrs.
Onions, Chopped	47	16	N/A	N/A	N/A	25 yrs.	1 yr.
Onions, Green (FD)	46	15	N/A	N/A	N/A	25 yrs.	1 yr.
Peas, Green (FD)	41	13	N/A	N/A	N/A	25 yrs.	1 yr.
Peas, Organic (FD)	46	15	N/A	N/A	N/A	25 yrs.	1 yr.
Peas, Split Green	45	14	N/A	N/A	N/A	8 yrs.	1 yr.
Peppers, Green Bell (FD)	48	14	N/A	N/A	N/A	25 yrs.	1 yr.
Peppers, Green Chili (FD)	48	16	N/A	N/A	N/A	25 yrs.	1 yr.
Peppers, Mixed Bell	42	12	N/A	N/A	N/A	7 yrs.	1 yr.
Peppers, Red Bell (FD)	46	14	N/A	N/A	N/A	25 yrs.	1 yr.
Potato Chunks	48	15	N/A	N/A	N/A	25 yrs.	1 yr.
Potato Dices (FD)	41	12	N/A	N/A	N/A	25 yrs.	1 yr.
Potatoes, Mashed (FD)	22	6	N/A	N/A	N/A	5 yrs.	3-6 mo.
Spinach (FD)	46	15	N/A	N/A	N/A	25 yrs.	1 yr.
Squash, Butternut (FD)	46	14	N/A	N/A	N/A	25 yrs.	1 mo.
Sweet Potatoes	44	14	N/A	N/A	N/A	8 yrs.	1 yr.
Tomato Dices (FD)	46	14	N/A	N/A	N/A	25 yrs.	1 yr.
Tomato Powder	86	28	N/A	N/A	N/A	8 yrs.	1 yr.
Zucchini (FD)	50	14	N/A	N/A	N/A	25 yrs.	1 yr.

GRAINS	Servings					Shelf Life*	
	#10	Pantry	Pouch	Spice Can	Bucket	Optimum	Opened
9 Grain Cracked Cereal	45	14	N/A	N/A	N/A	5 yrs.	1 yr.
Amaranth, Organic	48	15	N/A	N/A	N/A	20 yrs.	1 yr.
Barley, Pearled	50	16	N/A	N/A	N/A	8 yrs.	18 mo.
Cornmeal	64	20	N/A	N/A	N/A	25 yrs.	1 yr.
Flour, White (Unbleached)	60	15	N/A	N/A	544	5 yrs.	1 yr.
Flour, Whole Wheat	47	14	N/A	N/A	517	5 yrs.	1 yr.

*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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GRAINS (CONT.)	Servings					Shelf Life*	
	#10	Pantry	Pouch	Spice Can	Bucket	Optimum	Opened
Germaide	44	13	N/A	N/A	N/A	5 yrs.	1 yr.
Millet	52	15	N/A	N/A	N/A	20 yrs.	1 yr.
Oat Groats	41	13	N/A	N/A	N/A	30 yrs.	1 yr.
Oats, Quick	21	6	N/A	N/A	181	25 yrs.	1 yr.
Pasta, Egg Noodle	18	4	N/A	N/A	N/A	8 yrs.	2 yrs.
Pasta, Elbow Macaroni	25	8	N/A	N/A	N/A	8 yrs.	2 yrs.
Pasta, Rainbow Farfalle	13	4	N/A	N/A	N/A	8 yrs.	1 yr.
Pasta, Whole Grain Mini Penne	21	7	N/A	N/A	N/A	8 yrs.	1 yr.
Quinoa, Organic	46	15	N/A	N/A	N/A	20 yrs.	1 yr.
Rice Flour	75	25	N/A	N/A	N/A	5 yrs.	1 yr.
Rice, Instant Brown	46	15	N/A	N/A	N/A	7 yrs.	1 yr.
Rice, Instant White	24	8	N/A	N/A	182	30 yrs.	2 yrs.
Rice, White	46	14	N/A	N/A	380	30 yrs.	5 yrs.
Spelt, Organic	46	15	N/A	N/A	N/A	30 yrs.	2 yrs.
Wheat, Hard Red	48	15	N/A	N/A	404	30 yrs.	2 yrs.
Wheat, Hard White	46	15	N/A	N/A	370	30 yrs.	2 yrs.
Wheat, Hard White, Organic	46	15	N/A	N/A	N/A	30 yrs.	2 yrs.
DAIRY	Servings					Shelf Life*	
Cheese Blend	45	13	N/A	N/A	N/A	15 yrs.	6 mo.
Cheese, Cheddar (FD)	44	14	N/A	N/A	N/A	20 yrs.	1 yr.
Cheese, Colby (FD)	45	13	N/A	N/A	N/A	20 yrs.	1 yr.
Cheese, Monterey Jack (FD)	44	14	N/A	N/A	N/A	20 yrs.	1 yr.
Cheese, Mozzarella (FD)	44	15	N/A	N/A	N/A	20 yrs.	1 yr.
Milk, Instant	53	16	N/A	N/A	437	25 yrs.	2 yrs.
Milk, Powdered Nonfat	53	15	N/A	N/A	437	25 yrs.	2 yrs.
Sour Cream Powder	630	188	N/A	N/A	N/A	10 yrs.	1 yr.
Yogurt, Blueberry (FD)	48	15	6	N/A	N/A	25 yrs.	1 yr.
Yogurt, Cherry (FD)	46	15	6	N/A	N/A	25 yrs.	1 yr.
Yogurt, Greek (FD)	46	14	N/A	N/A	N/A	25 yrs.	1 yr.
Yogurt, Passionfruit (FD)	43	13	6	N/A	N/A	25 yrs.	1 yr.
Yogurt, Pomegranate (FD)	44	14	6	N/A	N/A	25 yrs.	1 yr.
Yogurt, Strawberry (FD)	47	15	6	N/A	N/A	25 yrs.	1 yr.
Yogurt, Vanilla (FD)	47	15	6	N/A	N/A	25 yrs.	1 yr.
PROTEINS	Servings					Shelf Life*	
Beans, Black	47	15	N/A	N/A	387	30 yrs.	5 yrs.
Beans, Instant Black	46	15	N/A	N/A	N/A	25 yrs.	1 yr.
Beans, Instant Pinto	42	14	N/A	N/A	N/A	25 yrs.	1 yr.
Beans, Instant Red	42	14	N/A	N/A	N/A	25 yrs.	1 yr.
Beans, Kidney	46	14	N/A	N/A	N/A	30 yrs.	5 yrs.
Beans, Lima	46	14	N/A	N/A	N/A	30 yrs.	5 yrs.
Beans, Pinto	47	15	N/A	N/A	N/A	30 yrs.	5 yrs.
Beans, Small Red	46	15	N/A	N/A	+N/A	30 yrs.	5 yrs.
Beans, Small White Navy	48	12	N/A	N/A	N/A	30 yrs.	5 yrs.
Beef Dices (FD)	22	7	N/A	N/A	N/A	25 yrs.	1 yr.
Beef, Ground (Hamburger) (FD)	23	7	N/A	N/A	N/A	25 yrs.	1 yr.
Beef, Roast (FD)	22	7	N/A	N/A	N/A	25 yrs.	1 yr.

PROTEINS (CONT.)	Servings					Shelf Life*	
	#10	Pantry	Pouch	Spice Can	Bucket	Optimum	Opened
Chicken, Chopped (FD)	22	7	N/A	N/A	N/A	25 yrs.	1 yr.
Chicken, Seasoned Slices (FD)	22	7	N/A	N/A	N/A	25 yrs.	1 yr.
Eggs, Scrambled Mix	103	31	N/A	N/A	N/A	7 yrs.	1 yr.
Eggs, Whole	216	66	N/A	N/A	N/A	3 yrs.	1 yr.
Ham Dices (FD)	18	6	N/A	N/A	N/A	25 yrs.	2 wks.
Lentils	46	15	N/A	N/A	378	30 yrs.	5 yrs.
Sausage Crumbles (FD)	22	7	N/A	N/A	N/A	25 yrs.	1 yr.
Turkey Dices (FD)	22	7	N/A	N/A	N/A	25 yrs.	2 wks.
TVP, Bacon	47	15	N/A	N/A	N/A	10 yrs.	1 yr.
TVP, Beef	46	14	N/A	N/A	N/A	10 yrs.	1 yr.
TVP, Chicken	46	15	N/A	N/A	N/A	10 yrs.	1 yr.
TVP, Ham	45	14	N/A	N/A	N/A	10 yrs.	1 yr.
TVP, Sloppy Joe	46	14	N/A	N/A	N/A	10 yrs.	1 yr.
TVP, Taco	47	15	N/A	N/A	N/A	10 yrs.	1 yr.
BASICS	Servings					Shelf Life*	
Baking Powder	4250	1420	N/A	N/A	N/A	5 yrs.	1 yr.
Baking Soda	5443	1500	N/A	N/A	N/A	30 yrs.	2 yrs.
Bouillon, Beef	575	175	N/A	N/A	N/A	5 yrs.	1 yr.
Bouillon, Chicken	575	160	N/A	N/A	N/A	5 yrs.	1 yr.
Butter Powder	531	171	N/A	N/A	N/A	5 yrs.	9 mo.
Flour, Peanut	90	30	N/A	N/A	N/A	5 yrs.	3-6 mo.
Honey Crystals	468	142	N/A	N/A	N/A	25 yrs.	1 yr.
Salt, Iodized	2016	556	N/A	N/A	N/A	30 yrs.	2 yrs.
Shortening Powder	200	67	N/A	N/A	N/A	3 yrs.	1 yr.
Sugar, Brown	501	150	N/A	N/A	N/A	10 yrs.	1 yr.
Sugar, Cane	646	202	N/A	N/A	4,536	30 yrs.	1 yr.
Sugar, Powdered	46	14	N/A	N/A	N/A	30 yrs.	2 yrs.
Yeast, Instant Dry	N/A	30	N/A	N/A	N/A	4 yrs.	2 yrs
DRINKS	Servings					Shelf Life*	
Fruit Punch Performance	85	25	N/A	N/A	N/A	3 yrs.	1 yr.
Mango Passion	85	25	N/A	N/A	N/A	3 yrs.	1 yr.
Melon Berry Burst	85	25	N/A	N/A	N/A	3 yrs.	1 yr.
Orange Bliss	85	25	N/A	N/A	N/A	3 yrs.	1 yr.
Orchard Apple	85	25	N/A	N/A	N/A	3 yrs.	1 yr.
Simply Peach	85	25	N/A	N/A	N/A	3 yrs.	1 yr.
SEASONAL [†]	Servings					Shelf Life*	
Cheese, Shredded Parmesan (FD)	N/A	60	N/A	N/A	N/A	20 yrs.	3-6 mo.
Cranberries (FD)	48	15	N/A	N/A	N/A	25 yrs.	1 yr.
Gourmet Hot Cocoa	78	25	N/A	N/A	N/A	5 yrs.	3-6 mo.
Spiced Apple Cider	N/A	224	N/A	N/A	N/A	5 yrs.	3-6 mo.

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PARTY SAMPLE CANS	Servings					Shelf Life*	
	#10	Pantry	Pouch	Spice Can	Bucket	Optimum	Opened
Chicken Salad Mix	N/A	6	N/A	N/A	N/A	10 yrs.	1 yr.
Golden Cornbread Mix	N/A	9	N/A	N/A	N/A	10 yrs.	1 yr.
Garden Fresh Salsa Mix	N/A	10	N/A	N/A	N/A	10 yrs.	1 yr.
Simply Peach Smoothie Mix	N/A	4.5	N/A	N/A	N/A	10 yrs.	1 yr.

†Seasonal items are only available for a limited time. 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.