



THRIVE Questions & Answers

Does THRIVE use oxygen absorbers or nitrogen flushing to remove the oxygen from cans?

We use oxygen absorber packets to remove the oxygen from packaging and prevent bacteria growth, rather than nitrogen flushing our products. Studies show that oxygen absorbers can remove oxygen more effectively than nitrogen flushing, as well as continue to remove oxygen even after the cans have been opened to help maintain the shelf life of the products. Oxygen absorbers have largely replaced nitrogen flushing in recent years because many consumers have become concerned with the long-term effects of the nitrogen in their food.

Do THRIVE cans contain BPA?

No, our can liners are BPA free. Bisphenol A (BPA) is an additive used in some plastics and other products.

Is the freeze dried chicken made up of the entire chicken or just breast meat?

Our freeze dried chicken is from the breast meat.

How does THRIVE ensure the quality of the foods?

We start by sourcing the best available raw ingredients or products. This often involves several, if not dozens, of sources. We send our samples to a panel of food experts including Chef Todd Leonard, who test the products in real-world applications and compare them against other products. We collect their feedback and when we find a product that passes our standards, we release a new THRIVE item. Much of the time, new products do not pass our tests and we continue our search. For those products that do pass the test, our next objective is to ensure that the flavor, texture, and freshness is present in every can. We go to great lengths to ensure that our processes result in the best in quality and food safety. We don't outsource our production, we do it right here in our facility in American Fork. Our plant is FDA and USDA certified and inspected. We have developed processes and procedures for food safety that are certified and backed up by a certified HACCP program. We use a third-party food safety auditing firm to evaluate our processes and give us objective feedback. We test our products for microbiological contaminants. We even have a full-time Quality Assurance Manager, whose only job is to ensure each can is prepared in a way that ensures the quality of our products.

Who are the suppliers for THRIVE and where are the foods sourced from?

THRIVE uses only suppliers that are regulated by and conform to FDA and USDA requirements. We have spent significant time, effort, and money in carefully choosing our manufacturing partners to ensure the best quality and value in all of our products. To be FDA and USDA approved, we go through an extremely stringent process and many thorough inspections. Where our products come from is proprietary. We take pride in the quality of our products and feel the need to keep our supplier list confidential in order to protect our valuable competitive advantage. We want to be able to maintain the best products for you and for all of our customers.

Where can I find evidence to back up THRIVE's shelf life claims?

In the correct storage container, low-moisture foods stored at room temperature or cooler (75°F/24°C or lower) can remain nutritious and edible for years. Several university studies estimated shelf life for many products to 30 years or more. These studies show that even after being stored long-term, properly packaged food will help sustain life in an emergency. Most shelf life recommendations are based on a "best if used by" date. The shelf life stated on our products are a "will sustain life" shelf life. Although time and heat will degrade the nutrition quality and even color and texture of all foods, our products will be safe to eat and will sustain life through the stated shelf life. Below is a link to some of these studies:

<http://contentdm.lib.byu.edu/cdm/search/collection/IR/searchterm/LongTermFoodStorage/field/schola/mode/any/conn/and/order/title/ad/asc/cosuppress/1>

Are THRIVE products gluten-free?

We are now a certified gluten-free facility. All products that are certified gluten-free will have "GF" stamped onto the bottom of the can and a Gluten-Free sticker or stamp on the label. They will also have a GF icon on the product page on the website.

Are any THRIVE products organic?

Our facility is now certified for organic products and we do offer several USDA-certified organic products. Products that are certified organic will have an Organic stamp on the label and product page on the website. For more information on the USDA organic certification process, see the USDA site: <http://www.ams.usda.gov/AMSV1.0/nop>

What is the lining on THRIVE cans?

Our can coating is a food-grade enamel called Epoxi-Fenolic Gold for metal cans. This lining does not contain BPA.

What are the steps for preparing freeze dried and dehydrated foods?

Each THRIVE product has its own preparation and usage instructions. We have conveniently printed these instructions on the label of each product. In addition, our website (www.thrivelife.com) has instructions, recipes, and videos on the product page for each food.

Are THRIVE meats antibiotic free?

The animals used for THRIVE meat and poultry products are treated with antibiotics as necessary for the health of the animal. However, the FDA requires withdrawal of antibiotics from animals for a specified period prior to harvest.

Do THRIVE meats and animal products come from farmers who give their animals growth hormones?

None of the animals used for THRIVE meat and poultry products have been treated with growth hormones. Antibiotics are only given as necessary for the health of the animal. However, the FDA does require the withdrawal of antibiotics from animals for a specified period prior to harvest.

Is the poultry raised free-range for THRIVE poultry products?

The poultry used for THRIVE poultry products are not raised free range.

Are THRIVE meat products produced in the US?

Our meats are produced in the US and under USDA regulation. Please see our THRIVE Product Detail page to see a complete list of where each item comes from.

Is sugar added to THRIVE freeze dried fruits?

THRIVE freeze dried fruits contain no added sugar. The only sugar present is what naturally occurs in the fruit. Some fruits may contain added ingredients to help prevent browning, but these have no effect on the taste or nutrient content of the products.

Are any THRIVE products Kosher?

Because our facility is not certified Kosher at this time, we cannot claim that our products are Kosher. However, almost 100% of our products come certified Kosher from our sources.

Why are THRIVE Blueberries and Pears sometimes sticky?

The stickiness in some THRIVE fruits is caused by a higher concentration of sugars, not moisture. Some fruits, especially when they are smaller and denser, can have high sugar content, which can make them squishy.

Why do some products have shelf lives that are so much shorter than others?

Shelf life will vary depending on the chemical makeup of the product. For example, food items with higher fat content will oxidize faster than products with lower fat content, which means the product will smell rancid sooner. Some food products will also have shorter shelf lives because the vitamins and calorie content will degrade over time faster than others.

What is the ideal temperature for maximizing shelf life?

Storing THRIVE at a high temperature can significantly increase the rate at which calories and vitamins will degrade over time. In the correct storage container, low-moisture foods such as THRIVE can be stored at room temperature or cooler (75 degrees or lower) and remain nutritious and edible for years. Our stated shelf life (found on the label of each can) assumes that the product will be stored in optimal conditions.

Does the milk used to make your dairy products contain antibiotics or growth hormones?

We cannot guarantee that our dairy products are free from hormones or antibiotics.

Do your products contain sulfites?

Some of our products are processed with sulfites. Please see the individual product labels to see if the product you are interested in includes sulfites.

Are Thrive Life cans anodized?

THRIVE cans are not anodized. Anodizing is a process used to increase the corrosion and wear resistance. It also provides better adhesion for paint primer and glues than does bare metal.

What are the physical measurements of a #10 can?

We use a 603 x 700 size can, which translates to 7" tall by 6 1/8" in diameter. These dimensions will provide roughly one gallon in volume.

Are THRIVE wheats triple cleaned?

Yes, our wheat is triple cleaned. Triple cleaning refers to the three ways the wheat is cleaned: a thorough filtering with sieves, then blowing away the lighter particles, and then a second sieve/wind tunnel cleaning.

What are the effects of humidity on sealed product?

As long as the can remains sealed, no light, air, or humidity can enter or exit the can and will not affect the shelf life. However, heat will affect shelf life in a sealed can and should still be avoided.

What are the dimensions of a pantry can?

Pantry cans are 4 1/4" in diameter and 5 1/2 " tall.

What if I receive a dented can? Is the product or shelf life affected?

Cans do not leave our warehouse dented. Each can is handpicked and placed in the box with the appropriate shipping material. None of our boxes are filled mechanically. If a product arrives damaged it is almost always due to the transit. A box that is struck on the side can damage the cans inside without leaving a mark on the box itself. We make great efforts to protect the cans, including adding an insert between cans to prevent dents and damage, but despite our efforts damage does sometimes occur. The food will only be compromised if the can is punctured and oxygen is reaching the contents. A can may be significantly dented and still be useable as long as it is not punctured or bulging.

Is the butter powder non-dairy?

Our butter powder does contain dairy products. Please refer to the allergen information on the THRIVE Product Details document.

What are our cans made of?

Both sizes of cans are made of steel and coated with a coating called Epoxi-Fenolic Gold to prevent rusting.

Do any of products contain peanuts or treenuts?

The only product with any kind of nuts that we produce is Macaroon Cookies, which contains coconut. Whether coconut is considered an allergen in the nut category is controversial, but the USDA considers it a "tree nut," so we list tree nuts with the other allergens that are processed in our facility.

Is the Shredded Cheddar Cheese sharp or mild?

The Cheddar Cheese is a mild cheddar.

Do THRIVE food products contain pesticides?

Our foods are fully cleaned and tested before they are packaged to ensure there are no foreign particles or contaminants. Those that are not certified organic may have been produced with fertilizers and pesticides; however, products are tested for pesticides and must fall below the EPA's required levels. Often our products test negative for any trace of pesticides.

Do any THRIVE products contain artificial colors?

Only a very small number of THRIVE products contain added coloring. Please see the individual product labels or the THRIVE Product Details document to identify these.

Can those with lactose intolerance eat our foods?

Lactose intolerance is the inability or insufficient ability to digest lactose, a sugar found in milk and milk products. Checking the ingredients on food labels is helpful in finding possible sources of lactose in food products. If any of the following words are listed on a food label, the product contains lactose: milk, lactose, whey, curds, milk by-products, dry milk solids, and non-fat dry milk powder. Those with lactose intolerance should look for these ingredients on the label before purchasing.

What is the thickness of the Mylar pouches? Are they heavy duty enough for long-term storage?

The thickness of our Mylar pouches is 5 millimeters. However, we primarily offer pouches for those who would like to sample our foods and/or store smaller amounts that will be rotated within a few years. We don't recommend long-term storage of food in our pouches because small amounts of oxygen can still permeate the Mylar and will degrade the food faster than it would if stored in a metal can. Mylar is also more susceptible to ripping and puncturing than metal cans. Because of these reasons, we are very conservative on our shelf life claims on our pouches.

What are the shelf lives of THRIVE products based on and how conservative are they compared to those of other companies?

The shelf life of our products is based on studies by BYU, Utah State University, and the FDA. It's important when evaluating shelf life to understand the way each company defines it. Most shelf life recommendations are based on a "best-if-used-by" date. The shelf life on our products (and probably most food storage companies) means the food "will sustain life" through the stated shelf life. Over time, food will begin to lose nutritional quality and eventually will not provide enough vitamins or calories to sustain life. The point that food is no longer useful is not an exact science. Some food storage companies are very aggressive in their shelf life claims. We have tried to refer to reliable studies and be somewhat conservative in our shelf life claims.

Do any THRIVE products come from China?

None of our products are currently sourced from China. Please see our THRIVE Product Detail page to see the country of origin on each of our products.

What is the fat content for the ground beef?

The fat content for THRIVE Ground Beef is approximately 20%.

Are the chickens used for THRIVE chicken products genetically modified? Are they treated with antibiotics?

Our chicken meat is hormone free. Growers' use of antibiotics is limited to therapeutic treatments as needed. USDA regulations prevent treating live chickens with growth hormones, and they are not genetically modified during the breeding and growth process.

Is the wrapper supposed to be on the ice cream bars?

Yes, there will be wrappers on the ice cream bars. The wrapper will also have slits to allow moisture to exit during the freeze drying process.

Is THRIVE milk homogenized and pasteurized?

Yes, our milk products are required to be pasteurized, and they are also homogenized.

What makes THRIVE food products so different from competitors?

We strive for excellence in all the products we provide to our valued customers. We are very excited about the convenience which THRIVE has to offer as well as the nutrition and freshness that naturally occur in our products. For more info on this please see this article on our webpage: <http://www.thrivelife.com/parties/index/thrivefoodstorage>

Does THRIVE manufacture its own food?

Yes, we package THRIVE products at our own facility.

Who supplies your foods?

THRIVE uses only suppliers that are regulated by and conform to FDA and USDA requirements. We have spent significant time, effort and money in carefully choosing our manufacturing partners to ensure the best quality and value in all of our products. To be FDA and USDA approved, we go through an extremely stringent process and many thorough inspections. Our foods are fully cleaned and tested before they are packaged to ensure there are no foreign particles or contaminants. Where our products come from is proprietary. We take pride in the quality of our products and feel the need to keep our supplier list confidential in order to protect our valuable competitive advantage. We want to be able to maintain the best products for you and for all of our customers.

What allergens are contained in THRIVE food products?

Please see the most current THRIVE Product Detail document to see allergen information regarding each of our products.

Is the freeze drying done at the Thrive life facility?

We do not do the freeze drying at our own facility at this time.

What is the accurate shelf life on the Ham and Turkey?

The recommended (as stated on the current can) shelf life of the Ham and Turkey Dices is 2 weeks. However, we recommend consuming the product as soon as possible upon opening. Previous labels have given a 1 year opened shelf life, but we have since determined that this is not the optimal opened shelf life.

Does Thrive Life ship to Canada?

Yes, we do sell most of our products in Canada.

Are Thrive Life eggs pasteurized?

Yes, our eggs are pasteurized. Egg products such as ours are required to be pasteurized by law.

Are the Lima beans green lima beans or white?

Our Lima beans are called baby Lima beans, or white Lima beans.

Where are the chickens raised that produce eggs for THRIVE egg products?

The chickens are raised in the USA.

Are THRIVE products tested for radiation?

At this time we do not test for radiation in our products. None of our products are exposed to radiation at any point in the process from field to can; therefore we do not feel it necessary to perform this testing. If radiation becomes a concern in the future we will certainly consider testing.

Which THRIVE foods are free of animal products?

We do not currently have a complete list of these products. However, our TVP, fruits, and vegetable products are all free of animal products.

Can Instant Milk be used in place of Powdered Milk for baking?

Instant milk can be used for baking, though you may need to use more instant milk than you would with powdered milk.

At what temperature are the foods dehydrated?

Our foods are dehydrated at temperatures between 120-130 degrees Fahrenheit.

How is the egg powder made?

Products like our eggs, shortening powder, butter powder, and sour cream powder all use a form of spray drying. The products are made into a slurry and pumped into the top of a heated vat. The slurry is then sprayed into the air by an atomizer, which makes the droplets very small. Because of the high heat and the small surface area of the droplets, most of the water gets flashed (evaporated) off and the droplets turn to dry particle and fall to the bottom of the vat as the finished product.

Are the egg products cooked?

For our egg products, the eggs are pasteurized (still in liquid form), put into a slurry, and then spray dried. The spray drying process happens at very high temperatures and removes most of the water, which inhibits bacteria. So while our egg products are not technically cooked in the traditional sense, they are safe to eat and have an extended shelf life.

Is the baking powder aluminum free?

Our baking powder does not contain aluminum.

Is sulfur used in the dehydration process of THRIVE fruits and vegetables?

Some of our dehydrated fruits and vegetables have sulfur in them to prevent the natural browning.

Why is the shelf life for the drinks only 3 years?

Over time, the sugar binds with the natural flavoring, coloring, and vitamins. Though the product may last much longer than 3 years in the proper environment, we have determined it is best to use the product within that time.

Why do butter and other dairy powders have a shorter shelf life?

Because of the higher oil content of products like butter and shortening powder, their shelf life is not as long as other THRIVE products.

Are THRIVE foods safe for people with peanut and tree nut allergies?

We do not process peanuts, but we do process one tree nut product (coconut).

Our equipment is thoroughly cleaned between each different product, according to HACCP food safety regulations. By following HACCP regulations, the USDA and FDA deem our food processing practices safe for consumers with allergen concerns, and we may eventually remove the statement of "Processed in a facility that handles milk, egg, soy, wheat, and tree nut products" completely from our labels.

What is the shelf life of bucket size containers?

The products in our buckets will have the same shelf life as our #10 cans. The product is sealed inside the bucket in a Mylar type bag with an oxygen absorber.

Can the bags in the 6 gallon buckets be resealed after being opened?

No, the bags in the 6 gallon buckets are like our regular Mylar bags, with no resealable zipper. The product is put into the bag with an oxygen absorber and seam sealed shut.

Why isn't the Instant Rice GMO free?

With the release of GMO Liberty Link rice as reported in August, 2006, we cannot issue a GMO free guarantee. The US rice industry has implemented various programs, including testing of long grain seed, to attempt to eradicate the presence of genetically modified rice in commercial rice supplies. While these programs have

been very successful, there is still the possibility that trace amounts may still be present in the commercial rice supply.

Quinoa has a very bitter coating called saponin. Has this already been washed off of THRIVE Quinoa?

Quinoa is fully processed to remove the bitter saponin coating that naturally encases the cylindrical seed. This process involves both mechanical abrasion and a thorough washing with a rapid dry and heat stabilization process. THRIVE Quinoa is therefore a ready-to-use product.

What kind of mushrooms are used for THRIVE Mushroom Pieces?

We periodically change vendors on this product and can't guarantee a specific type of mushroom. Generally we have a variety of white and button mushrooms.

Why doesn't Thrive Life carry freeze dried carrots?

Carrots are unique in that they lose their color and turn white during the freeze drying process. They taste fine, but we don't consider the appearance of the product to meet the THRIVE standards of quality.

How full are the cans filled with product?

THRIVE cans are filled by weight, not by volume. We weigh and measure every can to ensure that it is filled to the weight on the label. Due to the natural variation in produce and the variation introduced from the cycle of seasons, we may at times receive produce that has a difference in plumpness from previous crops of the same product. This means that our can volume may go up and down at times. However, the customer is always guaranteed to receive a can within our weight parameters.

Do any THRIVE foods have artificial ingredients?

At Thrive Life we strive to use only natural ingredients in our products. Only a limited number of our products contain artificial ingredients or preservatives. All THRIVE foods are free of MSG. Please review each label before purchasing to ensure that you feel comfortable consuming the product. All ingredients are also listed in the nutritional facts on each product page on our website.

Are black flakes/specks in the cornmeal normal?

THRIVE Cornmeal is made by grinding dried corn. Processing removes the germ but can sometimes leave black specks in the cornmeal. This is normal, and the cornmeal is completely safe to eat.

Are THRIVE cans pressure tested?

We do pressure testing on our cans. Can tear-downs are completed, measured, and verified to ensure proper seals.

What is TVP?

TVP stands for Textured Vegetable Protein and is an excellent protein source that is easy to store and use. TVP is made from soy flour that has had the soy oil extracted. It is cooked under pressure, then extruded and dried. TVP is high in fiber and low in fat, making it ideal for food storage and everyday use. Because TVP is not made from meat, it does not run the same contamination risk from bacteria such as E. Coli and Salmonella. TVP is soy based and perfect for those on a vegetarian diet.

Are THRIVE foods certified by the National Frozen Food Association?

We are not certified by the NFFA, but we are certified by the USDA and FDA.

How many mylar bags full of product are inside each bucket?

Each bucket contains one large Mylar bag full of product.

Do the Turkey Dices use white or dark meat or both?

It is typically both, however it does change from time to time.

What are the dimensions of the 6-gallon buckets?

Our 6 gallon buckets are about 18" high and 12" wide.

What washing process do products before they are freeze dried?

The product is picked, washed following FDA requirements, cut into pieces, and then frozen and placed in packaging following FDA guidelines. It is then removed from the packaging and placed on clean trays for freeze drying. The requirements are strict and quite extensive to ensure that all of our products are ready for consumption. As well, microbial testing is performed on all products 100% before we put the product into the cans to ensure their safety.

Are THRIVE foods irradiated (treated with radiation to kill bacteria)?

None of our products are irradiated.

What is in the Pepper Cream ingredient in the FD Ground Beef?

It is a flavoring that is a proprietary blend of ingredients that contains no allergens. The flavoring meets THRIVE's high standards of quality and health. Due to the proprietary nature of THRIVE's ingredients and to maintain our competitive edge we are unable to release all the ingredients. The pepper cream does contain rosemary and pepper.

Are the egg products and mixes like macaroons, brownies, pancake mix, etc. that contain eggs safe from salmonella even if they are eaten uncooked?

Our egg products and all mixes that contain egg products have been treated to destroy salmonella through pasteurization. The FDA requires precautions for dry eggs to ensure that the finished food is free of viable Salmonella microorganisms even if eaten uncooked.

What is sodium bisulphite and why is it in some of THRIVE products?

Sodium bisulphite is used to preserve color and inhibit bacterial growth on fruits and vegetables. It is used in THRIVE Potato Beads because cut raw potatoes brown very quickly, and the nutrient content is not harmed by the addition of sodium bisulphite. The FDA considers it safe when used under good manufacturing practices.

What is carrageenan?

Carrageenan is a common gum used in food processing. It is extracted from seaweed and used in products to thicken, emulsify, change the texture, and stabilize crystal formation. Carrageenan is listed under the FDA's Generally Recognized as Safe products and is used throughout the food industry.

What region are the Vegetable Seeds best grown in?

The seeds are hearty enough to grow in most regions.

Which THRIVE grains can be used as sprouts?

All of our grains can be used as sprouts.

What type of peppers are the Green Chili Peppers?

They are considered Anaheim peppers.

Do THRIVE milk products contain the hormone rBST?

Our THRIVE Instant Milk and THRIVE Powdered Milk are rBST free. Recombinant bovine somatotropin (rBST), also known as recombinant bovine growth hormone (rBGH) is a genetically engineered drug or supplemental hormone used to increase the milk production of cows. All of our THRIVE dairy products are free of supplemental hormones.

Is rennet or rennin used in processing THRIVE cheeses?

Our cheese is processed with rennin, the synthetic form of the enzyme.

Is our product safe if it has been exposed to extreme heat, such as a fire?

Discard food that has been near a fire. Food exposed to fire can be damaged by the heat of the fire, smoke fumes, and chemicals used to fight the fire. Food in cans or jars may appear to be safe to eat, but the heat from

a fire can activate food spoilage bacteria. If the heat is extreme, the cans or jars themselves can split or rupture, rendering the food unsafe.

What type of bean is used for the Small Red Beans?

THRIVE Small Red Beans are of the Phaseolus vulgaris family and of the field and garden variety.

Is the Whole Wheat Flour bleached or unbleached?

It is unbleached flour.

The Cherry Yogurt has an ingredient called “Wheat Syrup.” Is this a wheat allergen?

Wheat syrup is a glucose syrup from wheat starch that is used as an alternative for sugar and helps the yogurt bites keep their form. It is purified during the manufacturing process in such a way that it loses its allergenic potential and can be used in products for allergy sufferers. In recent years, it has been confirmed by food science studies that wheat syrup is not allergenic, and the manufacturers of these ingredients are therefore exempt from allergen labeling.

What is the potassium content in our Instant Milk?

The potassium content is 1,674 mg for 100g of milk.

What is the percentage of fat in our Instant Milk?

Our Instant Milk is Nonfat (0 % fat).

Are THRIVE egg products free of supplemental hormones?

Yes, they do not contain supplemental hormones.

Potassium is not listed on the label for potato products. Does this mean they contain no potassium?

Potassium is not listed because it is not required to be on the nutritional label. THRIVE Potato Dices contain 2470 mg of Potassium in 100 g of dry product. Potato Beads contain 612 mg of potassium in 100 g of dry product. The dehydrated potatoes contain 1001 mg of potassium in 100 g of dry product.

Are THRIVE products HACCP approved?

Products cannot be HACCP certified product, only processes and procedures. We have a HACCP plan that is updated 2 to 3 times during the year. Our Production, Plant, and Quality Manager have also been trained on HACCP and Food Safety.

Can millet be ground like wheat to make bread?

Yes; there are a few reasons you might want to bake a loaf of bread with millet. Millet is a whole grain, which means bread made with millet flour will have a better nutritional value than a loaf made with standard all-purpose flour. According to the U.S. Department of Agriculture, just 1 cup of millet has about 17 g of fiber. Millet flour is also a great alternative with those with gluten intolerance.

What is the difference between MSG and autolyzed yeast extract?

The difference between MSG and Autolyzed Yeast Extract is that MSG is composed entirely of glutamate salt and is man-made, while yeast extract is a naturally occurring product and has many different amino acids as well as proteins and vitamins (it is composed of only 5% glutamate).

How many items can fit on one pallet?

336 #10 cans, 728 pantry cans, or 36 buckets can fit on one pallet.

During the freeze drying process, is conduction or aeration used?

It varies by the product. The type of food and the requirements of the final product will determine which of several methods are used.

Are Garden Seeds considered a food when calculating tax?

They are not considered food because they are not for home consumption.

How many CCs are in our Oxygen Absorbers?

#10 packets have 300cc, pantry can packets have 200, mylar pouches have 200, and buckets have 2000.

What kind of milk does our cheese come from?

The Mozzarella Cheese is made from skim milk. The Cheddar, Monterey Jack, and Colby Cheeses are made from whole milk.

Is our baking soda aluminum free?

Yes, it does not contain aluminum.

Are any chemicals used as part of the freeze drying process?

There are no chemicals whatsoever injected in the food in order to freeze dry the products.

Are there any hydrogenated oils in the butter powder?

No. There are oils in the butter, but they are not hydrogenated oils.

What is the moisture content for THRIVE wheat products?

The moisture content for the wheat is less than 10%.

Does the freeze drying process kill the live bacteria in THRIVE yogurt products?

The live bacteria does survive the freeze drying process. In fact, many commercial yogurt starter kits are actually freeze dried. However, the exact number of bacteria and the exact type of bacteria in the yogurt is yet to be determined. We hope to perform additional testing in the future to discover this information.

What is the parts per million number required to qualify as gluten-free?

Our gluten-free certification stamp assures that our product contains less than 10-ppm gluten (5-ppm gliadin) and similar proteins from rye and barley. The testing methods are accepted for gluten testing by analytical associations such as the Association of Analytical Communities (AOAC), testing researchers, and other such agencies. There is currently no testing method available that measures to zero.

What is the risk for pink slime in THRIVE ground beef?

Lean finely textured beef (LFTB), also known as "pink slime," may have been used in some of our ground beef product in the past; however, when it became a topic of discussion in the media and other forums, we inquired of our suppliers concerning its use. At that time, we asked our suppliers to stop providing us with ground beef containing LFTB. Because LFTB is considered beef and is a USDA and FDA approved ingredient, ground beef suppliers are not regulated on its use, making it difficult to track. There are no label requirements other than beef when LFTB is used. Since that time, we have decided at THRIVE to make some changes to ensure that 100% of our ground beef is free of LFTB.

What are the 10 grains used in the 10 Grain Pancake Mix?

The 10 grains in the pancake mix are: Whole Grain Wheat, Whole Grain Rye, Whole Grain Triricale, Whole Grain Oats, Whole Grain Corn, Whole Grain Soy Beans, Whole Grain Barley, Whole Grain Brown Rice, Whole Grain Millet, Flaxseed.

Are THRIVE products grown hydroponically?

Our produce is grown using traditional soil growing methods. None of our fruits and vegetables are grown hydroponically at this time.

Are THRIVE foods ever picked while they're still green? What is the time span between when they are picked and when they are freeze dried?

All of our freeze dried foods are field ripened, so they are not picked until they are ripe. The produce is quick

frozen within 2 to 3 hours of picking, using a process that locks in freshness. It will then be freeze dried as necessary prior to canning in order to provide the excellent shelf life.

Is the water used to cook the meat products flouride-free?

It depends on the plant in which the product is cooked. Filtered water is often used when cooking our meat products; however there are times when the meat may come in contact with regular drinking water containing minimal levels of fluoride (no flouride is added to the water, however). The meats are all cooked and processed in the United States and Canada.

How will high temperatures affect shelf life?

We cannot provide that information at this time. We are currently performing accelerated shelf life testing on a majority of our products and may be able to provide more accurate data concerning the breakdown of food at various temperatures once our testing is complete. However, to obtain optimal shelf life on all our products please remember to store in areas that maintain constant cool temperatures. Avoid storing in areas that increase and decrease in temperature often. The shelf life listed on all of our products is based on optimal storage conditions. Products should be stored at a temperature of 75°F/24°C or lower if at all possible. We also recommend rotating through products to maintain quality; products stored at higher temperatures must be rotated to maintain optimal quality and freshness. It is also important to keep storage areas dry and keep products off of the floor to help with air flow.

Why are there preservatives in THRIVE Express products?

Because THRIVE Express has many different ingredients combined together, unlike many of our other THRIVE products that contain only one ingredient, steps must be taken to maintain the quality of those mixed ingredients. A majority of the ingredients in THRIVE Express considered to be preservatives are actually natural ingredients. "Preservatives" and food additives are highly regulated by the FDA. An ingredient cannot be added to a food unless it has a specific purpose in that food. The ingredients in THRIVE Express are used to help keep the products at a high quality for long periods of time, through naturally occurring ingredients that help retain color, prevent clumping and caking, and keep the nutrient value high.

What is the percentage of the food's original nutritional value that is kept after it has been freeze dried?

Freeze dried foods typically have 95% or more of the nutritional value of fresh foods. However, all THRIVE freeze dried foods are ripened on the plant and only picked once they are ready to be cleaned, cut, and frozen. Once frozen, THRIVE foods are kept at optimal temperatures, locking in freshness, flavor, color, and nutrition.

After freeze drying, are enzymes still active in THRIVE products?

Yes, the enzymes are still active.

Are THRIVE White Flour and Whole Wheat flour all-purpose?

THRIVE White Flour is an "All Bakers Flour." It does not contain bromate. It is enriched with niacin, reduced iron, thiamine, mononitrate, and riboflavin. Our THRIVE Whole Wheat Flour is not specified as an all-purpose flour; however, it may be used in all whole wheat flour applications. It is produced from hard red winter wheat and 100% of the wheat kernel is used. Nothing is added to or removed from the flour.

Are the cows that THRIVE beef products come from grass fed?

Our beef comes from cows that are both grass and grain fed. We do not currently specify a feed requirement for our beef.

What type of grind is THRIVE Cornmeal? Fine, medium or coarse?

THRIVE Cornmeal is considered a coarse grind cornmeal. It is made from natural yellow corn with no additives.

Is the product affected if the oxygen pack inside is soft instead of hard?

No, it does not affect the product whether the oxygen absorber is hard or soft.

Do any THRIVE products contain corn fructose?

We strive to use only natural ingredients in our products. A very limited amount of THRIVE foods have corn fructose. See the individual product's label or the website product page for more information.

Are the Garden Vegetable Seeds heirloom seeds?

Yes, our THRIVE Garden Vegetable Seeds are heirloom seeds.

Do THRIVE meat products contain nitrates?

THRIVE Ham Dices contain sodium nitrate; all other meat products DO NOT contain nitrates.

Are THRIVE vegetables free of salt?

Yes all THRIVE vegetables are salt free with exception to THRIVE Potato Beads, which are designed to function like mashed potatoes.

Is the Whole Egg Powder safe to use if it is moist?

The high oil content in eggs may cause the product to seem moist. As long as the product is being used within the recommended time frame listed on the can, it is safe for use.

Why do some products contain citric acid?

Citric acid is a natural ingredient used in foods. We use citric acid in a limited number of THRIVE foods to help with the flavor and color of the food.

What are the measurements of our cans?

#10 Can: 6 2/16" Diameter x 7" Height. Pantry Can: 4 1/16" Diameter x 5 1/2" Height.

Why are there a different number of servings per container for the instant beans compared to regular beans?

Our instant beans are pre-boiled and therefore lighter in weight than the regular beans. The servings per container for both products differs due to the difference in fill weight.

Do THRIVE egg products come from free range chickens?

We are unable to source 100% free range chickens at this time; however we are considering this as an option in the future.

Is one serving of THRIVE egg products comparable to a medium, large, or extra-large egg from the grocery store?

The serving size of our egg products may typically be compared to a medium-sized egg.

What constitutes the "spices" listed in the ingredients for Sausage Crumbles? And why is sugar listed as an ingredient but not included in the nutrition facts?

The spices are sage, black pepper, coriander, red pepper, and rosemary. The sugar in the sausage is very minimal; therefore it does not even register on the Nutritional Facts. There is less than 1 gram and less than 1% daily value of sugar in a serving size of sausage.

Is THRIVE Express GMO free?

Because THRIVE Express contains multiple ingredients it is a difficult task to ensure that every single ingredient is free from any genetic modification. We are in the process of confirming the GMO status of all THRIVE Express ingredients and we will provide that information to you as we complete this task.

Does the air in Mylar pouches shorten the shelf life of the product in the bag? Why can I feel air still inside the Mylar bag?

The air inside the foil pouch is only 21% oxygen. Other components of the air include 78% nitrogen and 1% of other trace gases. The oxygen absorber only absorbs the oxygen from the air, so nitrogen and other trace gases will remain. These remaining gases will not harm the food. We try to push as much air out of the pouch

as possible before we seal it, but that is not always possible and elevation changes during shipping may also cause the pouch to expand. If the pouch is sealed, then all the oxygen in the pouch will be absorbed.

In the drink mixes, is refined sugar or unrefined sugar used?

The drink mixes may contain either refined cane or beet sugar.

Is there any soy in THRIVE milk products?

THRIVE Powdered Milk and THRIVE Instant Milk do not contain any soy. They are made from 100% milk.

Are there sulfates in THRIVE products?

Sulfates are very rarely used in THRIVE foods and we are constantly striving to remove sulfates when at all possible. Please read the labels before consuming any food to ensure that you are comfortable with all ingredients listed.

Is there sodium nitrate in THRIVE Express products?

No, none of the THRIVE Express meals contain sodium nitrate; however, the Pasta Carbonara and the Loaded Scalloped Potatoes contain sodium nitrite. Sodium nitrate and sodium nitrite are different but related food preservatives.

How does THRIVE Instant Brown Rice compare with regular brown rice? How does it compare to white rice?

THRIVE Instant Brown Rice, also known as non-enriched parboiled brown rice, is a top of the line, quick-cooking brown rice. Cooking time is significantly reduced to 10-15 minutes and shelf life is improved over regular brown rice. It cooks evenly and easily. It is a product of the USA, all natural, and non-GMO. It has fewer calories and carbohydrates than Instant White Rice, and more protein, fiber, calcium, and vitamin B3 than Instant White Rice.

What are the product details on THRIVE Honey Crystals, and how does it compare with pure honey?

THRIVE Honey Crystals are made with 100% pure honey and natural cane sugar refined. The exact percentage of honey to sugar is proprietary. Adding water and heat will allow the honey crystals to reconstitute into a product consistent with the color, flavor, and texture of real honey. THRIVE Honey Crystals are designed to be used in recipes and applications such as cereals, baked goods, marinades for meats, beverages such as lemonade and teas, and more. It is a product of the USA, not genetically modified (non-GMO), and all natural. It has more calcium, iron, and potassium than pure honey.

Why does the Scrambled Egg Mix have more cholesterol than the Whole Egg Powder?

Eggs have natural variability when measuring cholesterol, so we follow the USDA standard of measurements to qualify the cholesterol in THRIVE Scrambled Egg Mix. Additionally, the ingredients of the scrambled egg mix is a combination of whole eggs, yolk, and egg whites. The cholesterol level varies because of the ratio of whole eggs and yolk added to the mix versus egg whites. Keep in mind the serving size for the scrambled egg mix is twice that of the whole egg powder.

Does the scrambled egg mix contain anything other than eggs? How is it different than Whole Egg Powder?

No, the scrambled egg mix contains only eggs, with nothing else added. Scrambled Egg Mix is best used in making scrambled eggs, omelets, and other similar egg dishes rather than in baking, as THRIVE Whole Egg Powder should be used. The process of making THRIVE Scrambled Egg mix is proprietary, but it is done by converting liquid egg into crystals. This makes the product instant and easy to use as a one-to-one fresh egg replacement. This is a different process than our Whole Eggs and Egg Whites, which are made by spray drying to create a powder.

How many gallons of Instant Milk can be made with one bucket?

There are 80 cups of powder in a 5 gallon bucket, which will make 26.6 gallons of milk (around 27 lb. constituted).

How many seeds are in each individual package inside each can of THRIVE Garden Vegetable Seeds?

We cannot specify the exact number of seeds, because the packages are filled by weight.

What is the sanitation process for certifying gluten free vs. non-gluten free products?

We use separate machinery and equipment when producing certified gluten-free products, so products containing gluten never touch gluten-free products. Regardless of this, all machinery is washed thoroughly between each product and product type. All certified gluten-free machinery and equipment is tested using a gluten test before use.

Are the dehydrated foods dehydrated by the sun?

No, our dehydrated vegetables are all air dried using air drying equipment.

What are the varieties of the apples used in the applesauce and apple slices?

Thrive Applesauce contains primarily Granny Smith apples, but other varieties such as Fuji and Galas may be present. Thrive also has both Granny Smith and Fuji Apple Slices.

Is the sour cream pasteurized or homogenized?

Yes, THRIVE Sour Cream Powder is pasteurized and homogenized.

Is the starch in the Yogurt Bites gluten-free?

The starch in in THRIVE Yogurt Bites is tapioca starch, which is gluten-free. THRIVE Yogurt Bites are all certified gluten-free.

Can harmful bacteria survive the freeze drying process of THRIVE meats?

One of the most important things such bacteria need to survive is water. The freeze drying process which THRIVE meat products go through removes and binds up the water that would normally be available for bacteria. Without water, bacteria are unable to grow and reproduce. This allows THRIVE products to be shelf stable for at least 25 years unopened, and 1 year opened.

Are the THRIVE Honey Crystals pasteurized at all? What kind of process do they go through?

Honey is considered "raw" when it has not been heat treated (pasteurized). When honey is not pasteurized, it crystallizes significantly faster than pasteurized honey, and there can be significant health risks when consuming honey that has not been pasteurized. THRIVE Honey Crystals are pasteurized before they are further processed through drum drying. Drum drying is a process where the honey is applied as a thin film to the surface of a heated drum. The liquid evaporates and leaves the dry crystals. This process helps preserve freshness and the natural golden amber color of honey while increasing the shelf life of THRIVE Honey Crystals.

What is the "natural flavor" listed in Thrive Express products?

Natural flavor or natural flavoring refers to any product of roasting or heating, which contains the flavoring constituents from a spice, fruit, vegetable, yeast, herb, bark, bud, root, leaf, meat, seafood, poultry, eggs, or dairy product whose function is flavor rather than nutrition. THRIVE Express has undefined natural flavors that come from the ingredients when they are processed. If these flavors contain an allergen, like milk or tree nuts, it must be defined on the label.

Why aren't calcium, potassium, and phosphorus listed on the yogurt bites labels?

Potassium and phosphorus are not required for nutrition labeling. Calcium is listed, just in small amounts. The serving size of Thrive yogurt bites is very light in weight so many of the nutritional levels will not show up on the nutrition facts panel; however, that does not mean the product is without the nutrients listed as 0. They are just in smaller portions because of the smaller serving size.

Do the instant beans have any added ingredients compared to the regular beans?

Nothing is added during the processing of THRIVE Instant Black, Pinto, Red, or Kidney Beans. There are no additional ingredients in these products.

The non-fat powdered milk does not list soy in the ingredients, but the label says that it is produced in a plant that also produces foods that have soy and tree nut ingredients. Is the powdered milk safe for people that have tree nut and soy allergies?

The THRIVE Nonfat Powdered Milk is processed on machines that have also processed products that contain soy and coconut. However, the equipment is thoroughly cleaned between each different product according to HACCP food safety regulations. By following HACCP regulations, the USDA and FDA deem our food processing practices safe for consumers with allergen concerns, and we may eventually remove the statement of “Processed in a facility that handles milk, egg, soy, wheat, and tree nut products” completely from our labels.

Is the Caramel Color in the TVPs natural?

Yes, this ingredient is natural. It is made through the heat treatment of sugars in a process called caramelization. It makes a pale yellow, amber, or dark brown color. It is used in THRIVE Bacon, Beef, Sausage, Sloppy Joe, and Taco TVPs.

What is the fat content of the butter powder?

THRIVE Butter Powder has a fat content of 1.5 grams of fat per teaspoon of product. This is 2% of the daily value based on a 2,000 calorie diet.

Do the cleaning products used on the equipment that processes THRIVE products contain iodine or salt?

The cleaning products used in our facility are both iodine and salt free.

What size are the pieces of THRIVE Asparagus?

THRIVE Asparagus pieces are approximately 1” in length. The product is a mix of spears and stems.

What are THRIVE foods washed with prior to freeze drying?

Only sources of pure water are used when washing our produce. Food-grade cleaning products may be used to keep the wash water clean and safe. Only small amounts of these cleaning products are used and no residual remains on the produce. We only use sources that follow the same food safety guidelines that we do.

Do the THRIVE Green Onions include the white root parts of the whole green onion?

No, they do not. THRIVE Green Onions only include the long, hollow leaves of the plant.

Is THRIVE Cornmeal de-germed (the corn grain/germ removed)? Does this lower the protein content in the product?

Our THRIVE Cornmeal is a granulated meal made from natural, degermed yellow corn with no chemical additives. When cornmeal is made and used immediately, the germ is often left in the mixture. However, the germ is full of oils, which causes the cornmeal to go rancid much more quickly. To allow the product to have a long-term shelf life, the germ is removed. This does not significantly lower the plant protein content in the product.

What is the oxygen percentage in sealed THRIVE cans?

When THRIVE foods are packaged, an oxygen absorber packet is placed in the can with the food. Any oxygen left in the can will be absorbed by the packet, and the remaining percentage of oxygen is below 0.1%.

Is THRIVE Quinoa red, white, or black?

THRIVE Quinoa is the most common type of quinoa, specified as white or ivory quinoa to differentiate it from the red and black varieties.

Are our Garden seeds GMO Free?

Yes, THRIVE Garden Vegetable Seeds, also known as Heritage or Heirloom seeds, are non genetically modified seeds.

Does THRIVE White Sugar come from sugar beets or sugar cane?

The current THRIVE White Sugar comes from sugar cane and is non-GMO.

Does our TVP products contain GMO?

Soy is the main ingredient in Thrive TVP products. Because most soy has been genetically modified and there is a chance of cross contamination between crops of GMO and Non-GMO soy, we are unable to provide a Non-GMO claim on our TVP products at this time.