



Every THRIVE™ purchase helps reduce world hunger. Thriving Nations™ creates greater nutritional self-sufficiency around the world by teaching impoverished people how to diversify crops, increase food production, and create healthier dietary practices. Five percent of all THRIVE™ profits are donated to this cause.

THRIVE™



Buying and preparing quality food should be easy. With THRIVE™, it is! The THRIVE™ food line consists of convenient, versatile foods that are practical for daily cooking. Each product also has an extended shelf life, making THRIVE™ great for food storage. THRIVE™ foods are nutrient-rich and natural, so you can be confident you are providing your family with proper nutrition.

- T Grains
- H Vegetables
- R Fruits
- I Milk
- V Meat & Beans
- E Basics



Based on a trusted model.

Trusted Foods. A Trusted Standard. THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

Mashed Potatoes

Preparation Instructions:

For plain potatoes, bring 1 ¼ cups water to a simmer. Add 1 cup THRIVE Mashed Potatoes and whisk until combined. Remove from heat and allow to rest 1 minute before serving. Makes 1 ⅓ cups. For seasoned potatoes see recipe below.

Seasoned Mashed Potatoes

Ingredients:

- 1 ¼ c. water
- ¼ tsp. THRIVE Iodized Salt
- 2 tbsp. butter
- 1 tbsp. THRIVE Instant Milk Powder
- ¼ tsp. THRIVE Chef's Choice Seasoning Blend
- 1 c. THRIVE Mashed Potatoes

Combine water, salt, butter, milk powder, and seasoning in a small saucepan. Bring to a simmer and add Mashed Potatoes. Whisk until combined and remove from heat. Allow to rest 1 minute before serving.

Find recipes, planning tools, and more at www.EatThrive.com

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

THRIVE™

VEGGIES



Mashed Potatoes

22 SERVINGS



Serving Suggestion

Net Wt 22.50 oz 1.40 lb (638 g)

Mashed Potatoes

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ½ cup (29g)
Serving Per Container About 22

Amount Per Serving

Calories 110 Calories from Fat 5

Total Fat 0g **% Daily Value*** 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 25g 8%

Dietary Fiber 2g 8%

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 10%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than:	65g	80g
Sat Fat	Less than:	20g	25g
Cholesterol	Less than:	300mg	300mg
Sodium	Less than:	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Vegetables

Suggested Storage Amount:

The USDA recommends 2–4 servings of fruits and vegetables per adult per day.

Usage Suggestions:

Get the goodness of homemade mashed potatoes in minutes with THRIVE Mashed Potatoes! Unlike most instant potato products, ours has just one ingredient: Idaho-grown potatoes. With no artificial colors or flavors, additives, or preservatives, our potatoes make the perfect side dish or a great addition to casseroles, potato soups, shepherd's pie, and more.

Shelf Life: 5 years

Opened ___/___/___.

INGREDIENTS: POTATOES.

NON-GMO: NO BIOENGINEERED INGREDIENTS.

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



Distributed By:

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