



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.

## Red Seedless Grapes

### Rehydration Instructions:

Spread grapes out on a dish and spray with hot water from a spray bottle until thoroughly coated. Wrap dish with plastic wrap and let sit at room temperature for 45 minutes.

### Simple Chicken Salad

#### Ingredients:

- 2 c. THRIVE™ Chopped Chicken (FD)
- 1 c. THRIVE™ Celery (FD)
- 1 c. THRIVE™ Red Seedless Grapes (FD)
- ¼ c. mayonnaise
- 1 tsp. dijon mustard (optional)

Reconstitute celery and chicken by placing in a bowl and just covering with water. Allow to sit for 10–15 minutes and drain any excess water. Spray grapes lightly with spray bottle to reconstitute and allow to sit for about 15 minutes. Add to chicken and celery.

Mix mayonnaise and mustard together and add to chicken mixture. Refrigerate until cool, about 45 minutes. Makes 5 servings.

Find recipes, planning tools, and more at [www.EatThrive.com](http://www.EatThrive.com)

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

FREEZE DRIED Red Seedless Grapes

**THRIVE™**

PREMIUM FREEZE DRIED

FRUITS



Red Seedless Grapes

FREEZE DRIED

46  
SERVINGS

Net Wt 17.84 oz (1.11 lb) 506g



FREEZE DRIED Red Seedless Grapes

**THRIVE™** [www.EatThrive.com](http://www.EatThrive.com)

## Nutrition Facts

Serving Size ¼ cup (11g)  
Servings Per Container About 46

### Amount Per Serving

Calories 40 Calories from Fat 0

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

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 10g **3%**

Dietary Fiber 0g **0%**

Sugars 8g

**Protein** 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • 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

## Fruits

### Suggested Storage Amount:

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

### Usage Suggestions:

THRIVE™ Red Seedless Grapes are a fun twist on your favorite summertime fruit. THRIVE™ Red Seedless Grapes have been freeze dried so that you can savor the juicy burst of grape no matter the season. Try adding THRIVE™ Red Seedless Grapes to fruit salads or chicken salad sandwiches.

### Shelf Life: 25 Years

Best if used within 1 year of opening to maintain life sustaining nutritional value under optimal storage conditions. Opened \_\_\_\_/\_\_\_\_/\_\_\_\_.

**INGREDIENTS:** RED SEEDLESS GRAPES.

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



### Distributed By:

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