



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.

**Whole Grain Penne Pasta**

**Preparation Instructions:**

Bring 4 cups water to a boil with 1 teaspoon salt. Add 1 cup of pasta and cook 11–13 minutes until desired tenderness; drain. Makes 1 ¾ cups pasta.

**Whole Grain Pasta Salad**

**Ingredients:**

- 3 c. THRIVE Whole Grain Penne Pasta
- ¼ c. THRIVE Chopped Onions (FD)
- 1 c. THRIVE Broccoli (FD)
- ½ c. THRIVE Red Bell Peppers (FD)
- ¼ c. THRIVE Green Onions (FD)
- 1 ¾ c. Italian dressing
- 1 c. summer sausage, diced small
- 1 can black olives, whole
- ¼ c. cheddar cheese cubes
- ½ c. cucumber, diced

Cook pasta al dente according to instructions on can. Meanwhile, combine all THRIVE vegetables in a bowl and stir in dressing. Drain pasta and run under cold water to cool. Mix pasta and all remaining ingredients into veggie mixture and stir together. Chill in fridge before serving.

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.

Whole Grain Penne Pasta

THRIVE™

GRAINS



Whole Grain Penne Pasta

21 SERVINGS

Net Wt 40.7 oz (2.54 lb) 1155g



Serving Suggestion

Whole Grain Penne Pasta

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

**Nutrition Facts**

Serving Size ½ cup, Dry (55g)  
Serving Per Container About 21

Amount Per Serving

Calories 200 Calories from Fat 10

% Daily Value\*

**Total Fat** 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

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

**Sodium** 10mg **0%**

**Total Carbohydrate** 40g **13%**

Dietary Fiber 6g **24%**

Sugars 2g

**Protein** 7g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

\*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

**Grains**

**Suggested Storage Amount:**

Store a minimum of 300 pounds of grains per adult per year.

**Usage Suggestions:**

THRIVE Whole Grain Penne Pasta gives you tasty pasta with the health of whole grain wheat. This enriched pasta is an excellent source of fiber and is great in minestrone soup, baked ziti, or with pesto sauce!

**Shelf Life: 8 years**

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

Opened \_\_\_/\_\_\_/\_\_\_.

**INGREDIENTS:** WHOLE WHEAT DURUM FLOUR, DURUM WHEAT SEMOLINA AND DURUM WHEAT FLOUR (ENRICHED WITH IRON [FERROUS SULFATE] AND B VITAMINS [NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID]), OAT FIBER.

**CONTAINS: WHEAT.**

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



**Distributed By:**

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