



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

Celery

Rehydration Instructions:

Add ½ cup water to 1 cup THRIVE™ Celery. Let sit for 5–10 minutes and drain any excess water.

Chicken Noodle Soup

(This is not a gluten free recipe)

Ingredients:

- 1 c. THRIVE Celery (FD)
- ¼ c. THRIVE Chopped Onions
- ¼ c. THRIVE Carrot Dices
- ½ c. THRIVE Mushroom Pieces (FD)
- ¼ c. broth from THRIVE Chicken Bouillon
- 1 c. THRIVE Chopped Chicken (FD)
- 1 tsp. THRIVE Italian Seasoning Blend
- 1 tsp. THRIVE Chef's Choice Seasoning Blend
- 1 tsp. Cholula hot sauce
- 1 tbsp. lemon juice
- 7 c. water
- 1 c. THRIVE Egg Noodles

In a medium sauce pot, combine all ingredients except noodles. Bring to a simmer for 5 minutes. Add noodles and simmer for 10 more minutes. Let stand for 5 minutes before serving. Makes 7 servings.

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



Based on a trusted model.

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

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

THRIVE™

PREMIUM FREEZE DRIED

VEGGIES



Celery



FREEZE DRIED

44 SERVINGS

Net Wt 3.1 oz (0.19 lb) 88 g

FREEZE DRIED

Celery

THRIVE™ www.EatThrive.com

*Weight and nutrition may vary between crops and production. Therefore, information on actual labels may vary from the information listed here.

Nutrition Facts

Serving Size ¼ cup (2g)
Servings Per Container 44

Amount Per Serving

Calories 5 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 1g **0%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 0g

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 0%

*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:

THRIVE™ Celery can easily be added to soups or salads for extra flavor and nutrition. Also try celery in stuffing or casseroles.

Shelf Life: 25 Years

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

Opened ___/___/___.

INGREDIENTS: CELERY.

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



Distributed By:

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