



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

Chopped Onions

Rehydration Instructions:

Add 1 cup of THRIVE Chopped Onions to ½ cup of water and soak for 5–10 minutes or until tender. Drain any excess water. Makes 1 cup of diced onions.

Apricot Chicken

Ingredients:

- 6 Chicken breasts
- 1 8-oz Bottle Catalina salad dressing
- 1 c. Apricot jam
- 4 tsp. THRIVE™ Beef Bouillon
- 3 tbsp. THRIVE™ Chopped Onions (FD)
- 1 tsp. Onion powder
- ¼ tsp. Pepper
- 3 c. THRIVE™ Instant White Rice, prepared

Preheat oven to 350°F. Place chicken in a greased 9x13 baking dish. Combine remaining ingredients in a bowl and pour over chicken. Bake uncovered for 1 hour. Serve over THRIVE™ Instant White Rice. Makes 6 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



Chopped Onions

FREEZE DRIED

52 SERVINGS



Net Wt 9.1 oz (0.5 lb) 260 g

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 (5g)
Servings Per Container 52

Amount Per Serving

Calories 20 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 4g 1%

Dietary Fiber 1g 4%

Sugars 3g

Protein 1g

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™ Chopped Onions have an excellent nutritional value, and can easily be added to soups, stews, salads, and casseroles. They may also be used in their dry state as a great flavor enhancer in dips, mixes, and sauces.

Shelf Life: 25 Years

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

Opened ____/____/____.

INGREDIENTS: WHITE ONIONS.

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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