



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

Instant Milk

Preparation Instructions:

Combine milk powder and water to make delicious THRIVE™ Instant Milk. Once reconstituted, refrigerate to retain freshness. For best results, refrigerate at least 30 minutes before drinking. Proportions may be altered to suit individual taste.

Water		Powder		Yields
1 c.	+	3 tbsp.	=	1 c. milk
4 c.	+	¾ c.	=	1 qt. milk
16 c.	+	3 c.	=	1 gal. milk

Vanilla Peach Smoothie

Ingredients:

- 1 ½ c. THRIVE Instant Milk, prepared
- ¼ c. THRIVE Vanilla Yogurt Bites (FD), prepared
- 1 c. Ice
- 1 ¼ c. THRIVE Peach Slices (FD)
- ¼ c. THRIVE Strawberries (FD)
- 1 tbsp. THRIVE White Sugar
- 3 tbsp. THRIVE Simply Peach drink mix

Add all ingredients to a blender and blend on high until smooth. Makes 3 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™



Serving Suggestion

Net Wt 58.3 oz (3.6 lb) 1653 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 3 tbsp (29g)
Servings Per Container About 57

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 140mg **6%**

Total Carbohydrate 15g **5%**

Dietary Fiber 0g **0%**

Sugars 15g

Protein 10g

Vitamin A 15% • Vitamin C 4%

Calcium 35% • Iron 0%

Vitamin D 40% •

*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

Dairy

Suggested Storage Amount:

Store at least 75 pounds of assorted dairy products per adult per year.

Usage Suggestions:

THRIVE™ Instant Milk is a convenient way to store milk without a refrigerator. Pour it over a big bowl of cereal or use it while baking. Instant Milk is also great to drink.

Shelf Life: 25 years

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

Opened ___/___/___.

INGREDIENTS: NONFAT MILK SOLIDS, VITAMIN A PALMITATE, AND VITAMIN D3.

CONTAINS: MILK.

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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