



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.

Oat Groats

Preparation Instructions:

THRIVE™ Oat Groats can be ground into flour or cooked. To cook oat groats, combine 1 cup oat groats with 2 cups water. Boil oat groats for approximately 45 minutes or until water is fully absorbed.

Savory Mushroom and Oat Groats Soup

Ingredients:

- 2 leeks, quartered and sliced
- 1 parsnip, thinly sliced
- 2 tsp. garlic, minced
- ¼ c. olive oil
- ¼ c. white wine
- 1 tsp. Worcestershire sauce
- ½ lemon, juiced
- 1 tsp. THRIVE™ Iodized Salt
- ½ tsp. season salt
- 3 c. THRIVE™ Mushroom Pieces (F0)
- ½ c. THRIVE™ Chopped Onions (F0)
- 3 qts. broth from THRIVE™ Chicken Bouillon
- 1 c. THRIVE™ Oat Groats, cooked
- ½ c. THRIVE™ Carrot Dices
- ½ c. THRIVE™ Celery (F0)
- 1 tbsp. balsamic vinegar
- ½ c. fresh herbs

Sweat the leeks, parsnips, and garlic. Add the rest of the ingredients, but only half the herbs. Bring soup to a boil and reduce to a simmer until veggies are tender. Finish with remaining herbs. Makes 14 servings.

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

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

THRIVE™

GRAINS



Oat Groats



41 SERVINGS

Net Wt 72.3 oz (4.5 lb) 2050g

Oat Groats

THRIVE™ www.EatThrive.com

Nutrition Facts

Serving Size ¼ cup (50g)
Serving Per Container about 41

Amount Per Serving

Calories 190 Calories from Fat 25

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 35g **12%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • 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 300g

Dietary Fiber 25g 30g

Grains

Suggested Storage Amount:

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

Usage Suggestions:

THRIVE™ Oat Groats are a smart addition to your long-term food storage because they provide many essential nutrients that help you maintain an active lifestyle. Oat groats are easy to prepare and they go perfectly in salads and stuffing. You can also try serving them as a side dish instead of white or brown rice.

Shelf Life: 30 Years

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

Opened ___/___/___.

INGREDIENTS: OAT GROATS.

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



Distributed By:

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