



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™ www.EatThrive.com

THRIVE™

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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.

Potato Chunks

Rehydration Instructions:

Hot Water: Add 1 cup THRIVE™ Potato Chunks to 4 cups boiling water. Boil potatoes for 15-20 minutes until potatoes are tender.

Cold Water: Add 1 cup THRIVE™ Potato Chunks to 4 cups cold water. Soak potatoes 2-3 hours until tender.

Potato Salad

Ingredients:

- 3 c. THRIVE™ Potato Chunks
- 4 ½ c. water
- 1 c. dill pickles, diced
- 1 ½ c. mayonnaise
- ¼ c. water
- 2 tsp. prepared mustard
- 2-3 tsp. onion, diced
- ½ tsp. THRIVE™ Iodized Salt

In a saucepan, bring potatoes and 4 ½ cups water to a boil. Turn heat to low and simmer for 20 minutes.

Drain and cool. Put potatoes in a bowl and mix in pickles.

In a separate bowl, combine the rest of the ingredients. Gently stir the mayonnaise mixture into the potatoes and pickles.

Chill for 2-3 hours to blend flavors. Makes 8-10 servings.

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

VEGGIES



Potato Chunks

48 SERVINGS



Net Wt 33.8 oz (2.11 lb) 960g

Potato Chunks

Nutrition Facts

Serving Size ¼ cup (20g)
Servings Per Container About 48

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **5%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 2%

*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:

Forget the mess of washing, peeling, and dicing potatoes. Preparing any meal is instantly easier with THRIVE™ Potato Chunks. Save time making your favorite creamy soups and savory casseroles without losing the great taste you've come to love.

Shelf Life: 25 Years

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

Opened ___/___/___.

INGREDIENTS: POTATOES, FRESHNESS PRESERVED WITH SODIUM BISULFITE.

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



Distributed By:

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www.ThriveLife.com



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

Glue

Glue

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