



# Prepare to eat!

Your resource for food preparedness



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# Things Happen

You lose your job and can't figure out how to afford food. Earthquake means water lines are down. Drought creates scarcity at the local grocery store. And how does that make you feel?

But what if you had tasty, nutritious, NON-PERISHABLE food in your home?

*Having an emergency food supply provides you with the peace of mind you need for any emergency—big or small.*





# Why is emergency food preparation important?

You never want to be caught unprepared or without a safe bet in an emergency. By the time one happens, it is too late. But if you ensure you have what you need in advance, you never have to worry.

- **Easy to have on hand**
- **Peace of mind**
- **Emergencies both big & small**
- **Basic needs are cared for**

# A Case for Thrive Life Freeze Dried Food



## Why Our Food Blows Regular Food Storage Away!

You need a non-perishable food supply. But what if your food is low quality? If it compromises your family's health, it isn't going to do you much good in an emergency. Freeze dried food won't harm your digestion, and that's because it contains more nutrients, no additives, it tastes better, and it lasts longer.

While there's a lot to love about Thrive Life, we'll give you the top 4 reasons people are switching from *emergency* food to Thrive Life freeze dried food.



# #1 More Nutrients

- Most emergency food plans only call for the fillers (wheat, rice, beans, oils, dairy). But that means you're missing out on vital nutrients! Don't worry. That's our expertise.
- Most of Thrive Life's produce and proteins are Nutrilock Certified, which means you can get more nutrients from what's in the can than you can from grocery stores!



FREEZE DRIED  
Shelf Life  
**25**  
Years

"So convenient to have on hand for my scratch raspberry almond muffins. Turned out perfect!"

-HARRIET W.



## More Color. More Flavor. More Nutrients. More Wow!

Compare a tomato you've just plucked off the vine in your garden to the tomato you get from the grocery store in the winter months.

The flavor! No comparison, right?

Unfortunately, taste is not the only thing lacking in the store tomato. Nutrients! Produce starts losing nutrients soon after being harvested.

Don't be sad. We have a solution. A tasty, beautiful, nutritious solution.

It's what we call the **Nutrilock Difference.**

1



Thrive Life partners with farmers who make quality food their passion!

2



We harvest our produce at its nutritional peak! Not before. Not after.

3



We flash freeze our produce within hours of being picked, typically right on the farm!

We follow strict food safety standards and require all of our farmers and suppliers to do the same.

4



Freeze drying gently removes moisture from whole foods and locks in nutrients instead of letting them degrade in a truck or train, or even on the grocery store shelf.

5



Our Nutrilock Promise locks in taste and nutrients for a long long time so you don't have to worry about your food going bad. It's ready when you are!



## #2 Tastes Better

- Thrive Life is just like the food you are already eating daily (and can be healthier than what you're eating now).
- Freeze dried food is REAL FOOD—no additives or preservatives. When you rehydrate it, it tastes new and fresh!
- Freeze dried produce is picked when it's fully ripe. Even 'fresh' produce from the grocery store can't claim this! Fresh produce is often picked early and shipped hundreds or even thousands of miles! But not freeze dried produce.
- Make delicious, everyday recipes for any emergency. No flavorless MRE's filled with preservatives here!

**"When it tastes as good as Thrive Life does there are no complaints from my crew!"**

**-JODI S.**

# #3 Easy to Organize & Rotate

- We offer pantry organizers with a patented first-in first-out system to make organization and food rotation easier.
- Freeze dried food has all liquid content removed, making it extremely light. It's easy to move if you end up moving homes, and it isn't a hassle to arrange.
- It's easy to rotate into daily meals. That's because freeze dried food is real, whole food!



**“I can snack when I want and don't need to take up space in the fridge.”**  
-HEATHER G.



▲ Thrive Life food comes in family can #10 Cans, pantry cans, or pouches.



# #4 Lasts Longer

- Average dehydrated food lasts around 5 years, whereas freeze dried food lasts up to 25 years!
- Freeze dried food is easy to rotate, or set and forget. Either way, you have something available at any moment.
- Most food goes bad ... quickly. In fact, some reports say Americans throw away 40% of the food they purchase. That's a lot of cash in the garbage!



**“Fresh mushrooms are nice, but they don’t last long... these do, and are always ready to use if I need them.”**  
-DEBORAH M.

*Today, Tomorrow, or 25 years from now. Thrive Life Food keeps its flavor and is ready when you need it.*



# How much food does your family need?

Below is a chart that many people use as a guideline. The numbers are based on adults, so you can either do a percentage of those numbers based on how much your children eat (around 50%). Or... just treat them as adults. After all, kids grow up fast!

So, plan your food supply as if you are storing for adults. Use the table below as your road map for prep.



## Don't know where to start?

Thrive Life has trained Consultants who can show you where to begin! Find a Consultant in your area and get advice on your personalized emergency prep plan.

## Healthy Dietary Pattern for Adults Per Day

Ages 19 Through 59

Calories per day	1600	2000	2400
Vegetables	2 cups	2 ½ cups	3 cups
Fruits	1 ½ cups	2 cups	2 cups
Grains	5 oz.	6 oz.	8 oz.
Dairy	3 cups	3 cups	3 cups
Protein Foods	5 oz.	5 ½ oz.	6 ½ oz.
Oils	22 g	27 g	31 g

Taken from Dietary Guidelines for Americans 2020–2025.

**One Thrive Life family can contain between 10-12 cups of food on average.\***



Refer to product labels to see equivalent measurements for freeze dried. Flours and mixes not included.



Prepare for Taste!

[ThriveLife.com](http://ThriveLife.com)