

# Prepare to Eat!

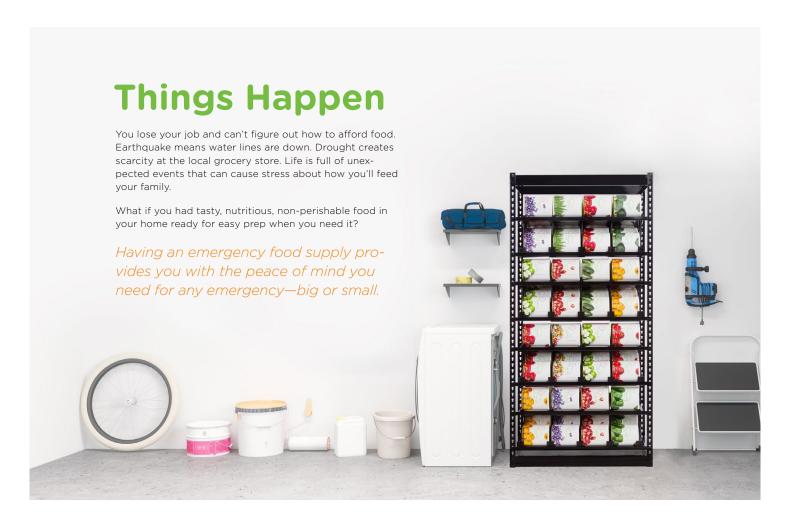
Your resource for food preparedness



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#### Why Our Food Blows Regular **Food Storage Away!**

You need a non-perishable food supply, but many emergency food options are low-quality. If it compromises your family's health, it isn't going to do you much good in an emergency. Freeze dried food is actually good for you because it contains more nutrients and has no additives. Bonus: It tastes better and lasts longer.

There's a lot to love about Thrive Life. Here are 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!



REEZE DRIED Shelf Life Years





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



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



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



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



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



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



# **#3** Easy to Organize & Rotate

Freeze dried food has all liquid content removed, making it extremely light. This means it's easy to move, stack, and store.





▲ Thirve 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!



# How Much Food Does Your Family Need?

Use the chart below to help you plan your food supply. The numbers are calculated for adults, so if you have kids, either adjust according to how much your kids eat or just treat them as adults. After all, kids grow up fast!

### **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	1½ 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.



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



#### 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.





Prepare for Taste!