



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. Life is full of unexpected events that can cause stress about how you'll feed your family.

What if you had tasty, nutritious, non-perishable food in your home ready for easy prep when you need it?

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?

Once an emergency occurs, it's too late to prepare. If you ensure you have what you need in advance, you'll thank yourself later. When you stock up on emergency food, you get:

- Meals that are easy to store
- Readiness for emergencies both big and small
- Peace of mind knowing your family's 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 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!



FREEZE DRIED
Shelf Life
25
Years

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

-HARRIET W.



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.**

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

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Thrive Life partners with farmers who make quality food their passion!
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We harvest our produce at its nutritional peak! Not before. Not after.
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We follow strict food safety standards and require all of our farmers and suppliers to do the same.

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

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

-JODI S.

#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.



▲ 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!



"I love Thrive Life's food ... so fresh! The veggies taste like they were just picked!"
-CATHIE

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?

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	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.



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.

*Flours and mixes not included



Prepare for Taste!