



THRIVE™ Product Detail Document

THRIVE EXPRESS	Servings			Shelf Life*		Allergens							Other					Country of Origin		
	#10	Pantry	Pouch	Bucket	Optimum	Opened	MILK	EGGS	PEANUT	TREE NUT	COCONUT	FISH	SHELLFISH	SOY	WHEAT	Gluten Free**	No MSG		No Hydrogenated Oils	No Artificial Colors
Baked Potato Cheese Soup	N/A	N/A	4	N/A	5 yrs.	N/A	•								•	•	•	•	•	USA
Broccoli Cheese Soup	N/A	N/A	4	N/A	5 yrs.	N/A	•								•	•	•	•	•	USA
Chili Lime Chicken Rice	N/A	N/A	4	N/A	5 yrs.	N/A	•								•	•	•	•	•	USA
Creamy Beef and Noodles	N/A	N/A	3	N/A	5 yrs.	N/A	•								•	•	•	•	•	USA
Creamy Chicken Noodle Soup	N/A	N/A	4	N/A	5 yrs.	N/A	•								•	•	•	•	•	USA
Creamy Garden Vegetable Chowder	N/A	N/A	4	N/A	5 yrs.	N/A	•								•	•	•	•	•	USA
Garden Fresh Vegetable Pasta	N/A	N/A	2.5	N/A	5 yrs.	N/A	•								•	•	•	•	•	USA
Hearty Chili with Beans	N/A	N/A	4	N/A	5 yrs.	N/A									•	•	•	•	•	USA
Loaded Scalloped Potatoes	N/A	N/A	4	N/A	5 yrs.	N/A	•								•	•	•	•	•	USA
Pasta Carbonara	N/A	N/A	3	N/A	5 yrs.	N/A	•	•							•	•	•	•	•	USA
Southwestern-Style Chicken & Rice	N/A	N/A	4	N/A	5 yrs.	N/A	•								•	•	•	•	•	USA
Wild Rice Pilaf	N/A	N/A	4	N/A	5 yrs.	N/A	•								•	•	•	•	•	USA
FRUITS	Servings			Shelf Life*		Allergens							Other					Country of Origin		
Apricots (FD)	48	16	7	N/A	25 yrs.	1 yr.									•	•	•	•	•	USA
Banana Slices (FD)	42	13	6	N/A	25 yrs.	18 mo.									•	•	•	•	•	Ecuador
Blackberries (FD)	48	16	7	N/A	25 yrs.	18 mo.									•	•	•	•	•	USA, Chile, Serbia
Blueberries (FD)	51	17	9	N/A	25 yrs.	1 yr.									•	•	•	•	•	USA, Canada, Honduras
Cherries, Sweet (FD)	44	14	6	N/A	25 yrs.	1 yr.									•	•	•	•	•	Greece, USA
Grapes, Red Seedless (FD)	53	16	6	N/A	25 yrs.	1 yr.									•	•	•	•	•	Chile
Mangoes (FD)	43	14	8	N/A	25 yrs.	1 yr.									•	•	•	•	•	Mexico, Peru
Peach Slices (FD)	44	13	7	N/A	25 yrs.	1 yr.									•	•	•	•	•	USA, Greece
Pears (FD)	42	13	6	N/A	25 yrs.	1 yr.									•	•	•	•	•	USA
Pineapple Chunks (FD)	38	12	4	N/A	25 yrs.	1 yr.									•	•	•	•	•	USA, Costa Rica
Raspberries (FD)	48	17	7	N/A	25 yrs.	18 mo.									•	•	•	•	•	USA, Chile, Serbia
Strawberries, Sliced (FD)	45	12	7	N/A	25 yrs.	1 yr.									•	•	•	•	•	USA
Strawberries, Whole (FD)	46	16	6	N/A	25 yrs.	1 yr.									•	•	•	•	•	USA, Chile, Serbia
VEGETABLES	Servings			Shelf Life*		Allergens							Other					Country of Origin		
Broccoli (FD)	52	18	6	N/A	25 yrs.	18 mo.									•	•	•	•	•	USA, Mexico
Carrot Dices	40	13	5	N/A	8 yrs.	18 mo.									•	•	•	•	•	Poland
Cauliflower (FD)	47	17	7	N/A	25 yrs.	2 yrs.									•	•	•	•	•	Mexico
Celery (FD)	44	14	7	N/A	25 yrs.	2 yrs.									•	•	•	•	•	USA
Corn, Sweet (FD)	43	14	6	N/A	25 yrs.	18 mo.									•	•	•	•	•	USA
Garden Vegetable Seeds	N/A	N/A	N/A	N/A	5 yrs.	5 yrs.									•	•	•	•	•	USA
Green Beans (FD)	51	17	7	N/A	25 yrs.	2 yrs.									•	•	•	•	•	USA
Mushroom Pieces (FD)	47	13	7	N/A	25 yrs.	18 mo.									•	•	•	•	•	USA
Onions, Chopped (FD)	52	16	7	N/A	25 yrs.	2 yrs.									•	•	•	•	•	USA
Onions, Chopped	47	16	6	N/A	25 yrs.	2 yrs.									•	•	•	•	•	USA
Peas, Green (FD)	41	13	6	N/A	25 yrs.	18 mo.									•	•	•	•	•	USA
Peas, Split Green	46	14	8	N/A	8 yrs.	2 yrs.									•	•	•	•	•	USA
Peppers, Green Bell (FD)	48	14	6	N/A	25 yrs.	1 yr.									•	•	•	•	•	Mexico
Peppers, Green Chili (FD)	48	16	6	N/A	25 yrs.	1 yr.									•	•	•	•	•	USA, Mexico
Peppers, Mixed Bell	42	12	8	N/A	7 yrs.	1 yr.									•	•	•	•	•	Uzbekistan

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VEGETABLES (CONT.)	Servings			Shelf Life*		Allergens							Other			Country of Origin					
	#10	Pantry	Pouch	Bucket	Optimum	Opened	MILK	EGGS	PEANUT	TREE NUT	COCONUT	FISH	SHELLFISH	SOY	WHEAT		Gluten Free**	No MSG	No Hydrogenated Oils	No Artificial Colors	No Artificial Flavors
Peppers, Red Bell (FD)	48	15	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA, Mexico, Peru
Potato Beads	44	13	7	N/A	8 yrs.	2 yrs.	•									•	•	•			USA
Potato Chunks	48	15	6	N/A	25 yrs.	18 mo.										•	•	•	•	•	USA
Potato Dices (FD)	41	12	5	N/A	25 yrs.	2 yrs.										•	•	•	•	•	USA
Spinach (FD)	45	13	8	N/A	25 yrs.	2 yrs.										•	•	•	•	•	USA
Tomato Dices (FD)	46	16	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA
Tomato Powder	86	28	21	N/A	8 yrs.	18 mo.										•	•	•	•	•	USA
Zucchini (FD)	50	14	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA
GRAINS	Servings			Shelf Life*		Allergens							Other			Country of Origin					
9 Grain Cracked Cereal	43	13	6	N/A	5 yrs.	1 yr.									•	•	•	•	•	•	USA
10 Grain Pancake Mix	39	13	6	N/A	3 yrs.	1 yr.	•	•							•	•	•	•	•	•	USA
Amaranth	48	15	8	355	20 yrs.	1 yr.										•	•	•	•	•	India
Barley, Pearled	50	16	N/A	403	8 yrs.	18 mo.										•	•	•	•	•	USA
Cornmeal	46	14	N/A	378	5 yrs.	1 yr.										•	•	•	•	•	USA
Egg Noodle Pasta	15	4	N/A	N/A	8 yrs.	2 yrs.		•							•	•	•	•	•	•	USA
Elbow Macaroni	25	8	10	N/A	8 yrs.	3 yrs.										•	•	•	•	•	USA
Flour, White	51	15	8	465	5 yrs.	2 yrs.										•	•	•	•	•	USA
Flour, Whole Wheat	52	15	8	517	5 yrs.	1 yr.										•	•	•	•	•	USA
Germade	44	13	7	N/A	5 yrs.	18 mo.										•	•	•	•	•	USA
Millet	52	15	8	400	20 yrs.	1 yr.										•	•	•	•	•	USA
Oat Groats	40	12	8	380	30 yrs.	6 mo.										•	•	•	•	•	USA
Quick Oats	21	6	3	181	25 yrs.	1 yr.										•	•	•	•	•	USA
Quinoa	36	12	6	302	20 yrs.	1 yr.										•	•	•	•	•	Peru, Canada
Rice Flour	75	25	13	554	5 yrs.	1 yr.										•	•	•	•	•	USA
Rice, Instant White	24	8	4	182	30 yrs.	2 yrs.										•	•	•	•	•	USA
Rice, White	46	14	5	380	30 yrs.	5 yrs.										•	•	•	•	•	USA
Spaghetti	32	N/A	N/A	N/A	8 yrs.	2 yrs.										•	•	•	•	•	USA
Spelt	21	14	8	380	30 yrs.	1 yr.										•	•	•	•	•	USA
Wheat, Hard Red	48	15	N/A	404	30 yrs.	2 yrs.										•	•	•	•	•	USA
Wheat, Hard White Winter	50	15	N/A	403	30 yrs.	2 yrs.										•	•	•	•	•	USA
DAIRY	Servings			Shelf Life*		Allergens							Other			Country of Origin					
Cheese, Cheddar (FD)	50	17	6	N/A	20 yrs.	2 yrs.	•									•	•	•	•	•	USA
Cheese, Colby (FD)	45	13	6	N/A	20 yrs.	2 yrs.	•									•	•	•	•	•	USA
Cheese, Monterey Jack (FD)	44	14	6	N/A	20 yrs.	2 yrs.	•									•	•	•	•	•	USA
Cheese, Mozzarella (FD)	44	15	6	N/A	20 yrs.	2 yrs.	•									•	•	•	•	•	USA
Cheese Blend	45	13	9	N/A	15 yrs.	6 mo.	•									•	•	•			USA
Chocolate Drink Mix	48	13	7	N/A	25 yrs.	2 yrs.	•									•	•	•	•		USA
Milk, Instant	53	15	9	437	25 yrs.	2 yrs.	•									•	•	•	•	•	USA
Milk, Powdered	53	15	9	437	25 yrs.	2 yrs.	•									•	•	•	•	•	USA
Sour Cream Powder	630	188	100	N/A	10 yrs.	1 yr.	•									•	•	•	•	•	USA
Yogurt, Blueberry (FD)	48	15	6	N/A	25 yrs.	1 yr.	•									•	•	•	•	•	Germany
Yogurt, Cherry (FD)	46	15	6	N/A	25 yrs.	1 yr.	•									•	•	•	•	•	Germany
Yogurt, Orange (FD)	42	13	6	N/A	25 yrs.	1 yr.	•									•	•	•	•	•	Germany

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	#10	Pantry	Pouch	Bucket	Optimum	Opened	MILK	EGGS	PEANUT	TREE NUT	COCONUT	FISH	SHELLFISH	SOY	WHEAT		Gluten Free**	No MSG	No Hydrogenated Oils	No Artificial Colors	No Artificial Flavors
Yogurt, Passionfruit (FD)	43	13	6	N/A	25 yrs.	1 yr.	•									•	•	•	•	•	Germany
Yogurt, Pomegranate (FD)	44	14	6	N/A	25 yrs.	1 yr.	•									•	•	•	•	•	Germany
Yogurt, Strawberry (FD)	43	13	6	N/A	25 yrs.	1 yr.	•									•	•	•	•	•	Germany
Yogurt, Vanilla (FD)	47	15	6	N/A	25 yrs.	1 yr.	•									•	•	•	•	•	Germany
MEATS & BEANS	Servings			Shelf Life*		Allergens							Other			Country of Origin					
	#10	Pantry	Pouch	Bucket	Optimum	Opened	MILK	EGGS	PEANUT	TREE NUT	COCONUT	FISH	SHELLFISH	SOY	WHEAT		Gluten Free**	No MSG	No Hydrogenated Oils	No Artificial Colors	No Artificial Flavors
Beans, Black	65	13	N/A	489	30 yrs.	5 yrs.										•	•	•	•	•	USA, Canada
Beans, Instant Black	35	11	5	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA
Beans, Instant Pinto	42	14	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA
Beans, Instant Red	42	14	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA
Beans, Kidney	56	16	12	429	30 yrs.	5 yrs.										•	•	•	•	•	USA, Canada
Beans, Lima	67	17	N/A	N/A	30 yrs.	5 yrs.										•	•	•	•	•	USA, Canada
Beans, Pinto	55	18	13	488	30 yrs.	5 yrs.										•	•	•	•	•	USA, Canada
Beans, Small Red	63	12	N/A	552	30 yrs.	5 yrs.										•	•	•	•	•	USA, Canada
Beans, Small White Navy	48	12	N/A	375	30 yrs.	5 yrs.										•	•	•	•	•	USA, Canada
Beef Dices (FD)	27	9	4	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA, Argentina, Australia, New Zealand, Brazil, Uruguay, Canada
Beef, Ground (FD)	48	14	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA, Australia, New Zealand, Uruguay, Canada
Beef, Roast (FD)	48	15	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA, Uruguay, Argentina
Chicken, Chopped (FD)	48	19	6	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA
Chicken, Seasoned Slices (FD)	45	14	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA
Eggs, Scrambled Mix	107	32	N/A	N/A	7 yrs.	1 yr.		•								•	•	•	•	•	USA
Eggs, Whites	200	66	37	N/A	3 yrs.	1 yr.		•								•	•	•	•	•	USA
Eggs, Whole	216	66	39	N/A	3 yrs.	1 yr.		•								•	•	•	•	•	USA
Ham Dices (FD)	48	15	N/A	N/A	25 yrs.	2 wks.										•	•	•	•	•	USA, Canada
Lentils	78	20	N/A	622	30 yrs.	5 yrs.										•	•	•	•	•	USA
Sausage Crumbles (FD)	48	17	N/A	N/A	25 yrs.	1 yr.										•	•	•	•	•	USA
Turkey Dices (FD)	48	14	N/A	N/A	25 yrs.	2 wks.										•	•	•	•	•	USA
TVP, Bacon	47	15	11	N/A	10 yrs.	1 yr.									•	•	•	•	•	•	USA
TVP, Beef	45	13	7	281	10 yrs.	1 yr.									•	•	•	•	•	•	USA
TVP, Chicken	45	13	N/A	326	10 yrs.	1 yr.									•	•	•	•	•	•	USA
TVP, Ham	44	13	10	N/A	10 yrs.	1 yr.									•	•	•	•	•	•	USA
TVP, Sausage	45	12	7	N/A	10 yrs.	1 yr.									•	•	•	•	•	•	USA
TVP, Sloppy Joe	43	13	8	N/A	10 yrs.	1 yr.									•	•	•	•	•	•	USA
TVP, Taco	47	15	10	N/A	10 yrs.	1 yr.									•	•	•	•	•	•	USA
BASICS	Servings			Shelf Life*		Allergens							Other			Country of Origin					
	#10	Pantry	Pouch	Bucket	Optimum	Opened	MILK	EGGS	PEANUT	TREE NUT	COCONUT	FISH	SHELLFISH	SOY	WHEAT		Gluten Free**	No MSG	No Hydrogenated Oils	No Artificial Colors	No Artificial Flavors
Baking Powder	4250	1420	N/A	N/A	30 yrs.	2 yrs.										•	•	•	•	•	USA
Baking Soda	5443	1500	N/A	N/A	30 yrs.	2 yrs.										•	•	•	•	•	USA
Bouillon, Beef	575	175	125	N/A	5 yrs.	2 yrs.										•	•	•	•	•	USA
Bouillon, Chicken	575	160	93	N/A	5 yrs.	2 yrs.										•	•	•	•	•	USA
Butter Powder	59	19	10	N/A	5 yrs.	1 yr.	•									•	•	•	•	•	USA
Salt, Iodized	2016	556	N/A	N/A	30 yrs.	2 yrs.										•	•	•	•	•	USA
Shortening Powder	200	67	30	N/A	10 yrs.	1 yr.	•									•	•	•	•	•	USA

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BASICS (CONT.)																					
Sugar, Brown	501	150	N/A	N/A	10 yrs.	1 yr.										•	•	•	•	•	USA
Sugar, Powdered	48	12	N/A	N/A	30 yrs.	18 mo.										•	•	•	•	•	USA
Sugar, White	646	202	102	4,536	30 yrs.	2 yrs.										•	•	•	•	•	USA
DRINKS																					
Fruit Punch Performance	85	25	15	N/A	3 yrs.	1 yr.										•	•	•	•	•	USA
Mango Passion	85	25	15	N/A	3 yrs.	1 yr.										•	•	•	•	•	USA
Melon Berry Burst	85	25	15	N/A	3 yrs.	1 yr.										•	•	•	•	•	USA
Orange Bliss	85	25	15	N/A	3 yrs.	1 yr.										•	•	•	•	•	USA
Orchard Apple	85	25	15	N/A	3 yrs.	1 yr.										•	•	•	•	•	USA
Simply Peach	85	25	15	N/A	3 yrs.	1 yr.										•	•	•	•	•	USA
DESSERTS																					
Fudge Brownies	45	15	5	N/A	20 yrs.	1 yr.		•								•	•	•	•	•	USA
Ice Cream, Chocolate Bars (FD)	14	5	1	N/A	25 yrs.	2 yrs.	•									•	•	•	•	•	USA
Ice Cream, Neapolitan Bits (FD)	36	11	N/A	N/A	25 yrs.	2 yrs.	•									•	•	•	•	•	USA
Ice Cream, Sandwiches (FD)	18	4	1	N/A	25 yrs.	2 yrs.	•									•	•	•	•	•	USA
Macaroons	45	13	5	N/A	20 yrs.	6 mo.		•		•						•	•	•	•	•	USA

*Pouch size has a maximum closed shelf life up to 5 years. In the correct storage container, low-moisture foods stored in dry areas at room temperature or cooler (75°F/24°C or lower) can remain nutritious and edible for years. Studies show that even after being stored long-term, properly packaged food will help sustain life in an emergency.

The shelf life stated on all of Shelf Reliance's® products is based on a "will sustain life" shelf life. This means that although time and heat may degrade the nutrition, color, and texture of all foods, our products will still be safe to eat and will sustain life through the stated shelf life.

**The above products are considered "naturally gluten-free" and may be subject to gluten exposure during our filling process. We are currently in the process of certifying our gluten-free products, and we will update our list to show what is certified as more THRIVE products complete gluten-free certification.

Though Shelf Reliance provides this comprehensive tool, please remember to read through each label before consuming any of our products to ensure consumption is safe for those with allergies or other reactions to foods.

The information in this document is intended to provide you with a comprehensive tool, however it is subject to change and only contains information on products currently offered.