



Your body wants to move! 30 minutes for adults and 60 minutes for children and young people.

MINNESOTA'S SHIP
Statewide Health Improvement Program

VISION
A Better State of Health

Looking for a healthy snack or did you forget your lunch? Try out one of these healthy menus from the vending machine!



Meal	Amount	Calories
V-8 100% Vegetable Juice	8 oz	50
Oatmeal	1 cup	200
Planters Peanuts	1 package	290
Total Calories		540

