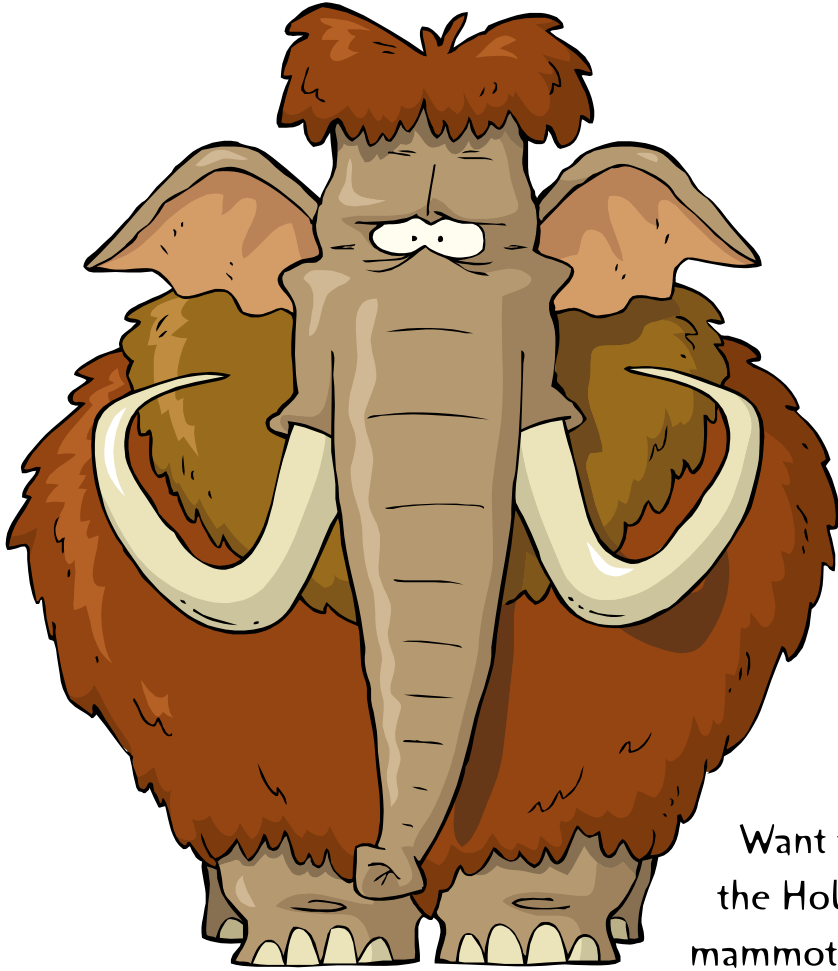


# HAPPY WOOLLYDAYS.



the big number

11

Number of museums in Storey County, Nevada, population 3,942. There are museums everywhere!

Want to have some **MAMMOTH** fun over the Holidays? Go check out the woolly mammoths at a natural history museum.

Or spend an afternoon at a local history museum. Or an art museum, a national monument, a children's museum, or a sports museum. Why? Because **you'll find a lot of cool stuff** at these places, which are mostly **inside and warm!** And because we don't live by bread alone. Sure, what we eat is a major part of wellness. But it's by no means the only part. **Our minds needs nourishment, too,** and not just from what we learn in school, but in the unstructured **discoveries and wonders** we find in places like these!

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**<sup>TM</sup>

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"HAPPY WOOLLYDAYS."

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### DON'T EAT THE PICTURES!

You know what you'll see a lot of in museums? Food! Whole, natural foods like fruits and bread have always been a subject for artists – because art and history are about life, and a lot of life is about what we eat. Work up an appetite at a museum this winter!



## LIVE HEALTHIER

Ellis Island and the Statue of Liberty in New York Harbor are just two of 35,000 museums in cities, towns, suburbs, and rural areas all over the U.S. That means there are more museums than Starbucks and McDonalds locations combined! And all of those museums provide sustenance for our minds and enhance our lives!



## PLAY HARDER



Break out your most comfortable pair of walking shoes when you're getting ready for a day of museum touring.

You can expect to walk 2-4 miles or more – up to 10,000 steps in the course of the day!

## LEARN EASIER

A different kind of learning takes place during a museum visit. Kids are exposed to new worlds beyond their own and can take ownership of what excites them and makes them think. All while having fun in a stimulating and rich environment that never seems like a classroom.



First things First



**BREAKFAST @SCHOOL**  
For first-class learning!



Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day!

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.

*Did you know: All food sold at schools (not just school meals) must meet criteria for whole-grain content, calories, sodium, fat (including saturated fat and trans fat), and total sugar?*



**DON'T GET IT!**  
Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



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