



Hungry? Need a little pick-me-up before class?
Check out the improved vending machines in the **Maverick Gameroom** or in **Wiecking Center** for a healthier alternative!!!

Did you know... that 85% of snacks in vending machines across the US are considered junk food? At MSU, you have a healthier alternative.

Snacks in these select machines contain:
≤250 calories
≤4g fat*
≤2g saturated fat
≤360 mg sodium
NO trans fat

*except peanuts and Nature Valley granola bars, included because of heart-healthy fats they contain.

For more information, contact Student Health Services Nutrition Health Educator, Rebecca Gruenes, RD, at rebecca.gruenes@mnsu.edu or (507)389-5689