

SCHOOL GARDENS GIVE KIDS THE OPPORTUNITY
TO GROW AND EAT FRESH
VEGGIES AND FRUIT



**Access to local foods, gardens, produce,
agriculture and fresh food assistance...**

In Molalla, families can
visit and support the school
StoryWalks® and gardens across the district

HEALTHY FAMILIES ENGAGE IN PHYSICAL ACTIVITY EACH DAY.
60 MINUTES FOR KIDS, 30 MINUTES FOR ADULTS.



In Molalla, families can visit the beautiful Molalla River Corridor, hike to stay active, learn, and have fun!



Access to trails, parks, public lands for active recreation and learning....

KIDS NEED 60 MINUTES OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY PER DAY TO LEARN WELL AND BE HEALTHY

ON AVERAGE THEY GET JUST 20 MINUTES PER DAY AT SCHOOL



Molalla, families can use the trail and fitness stations behind Molalla Elementary School to work out together



Access to via shared use, and active play, fitness, and learning resources

IF YOU GET OUT & WALK 30 MINUTES PER DAY,
YOU INCREASE YOUR LIFESPAN BY 2 YEARS



IMAGINE THE
BENEFITS IF YOU
EXERCISE MORE!

In Molalla, families can walk or run the Freedom 5k together!



**Access to programs and partners that support
weight healthy rural lifestyles**



FOR THE FIRST TIME IN HISTORY, TODAY'S KIDS MAY LIVE 5 YEARS
LESS THAN THEIR PARENTS...



What will Molalla do with five more years?

We'll let you know!