



# Making the Museum of Russian Icons a Let's Move! Institution

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## Abstract

The goal of this project is to implement the objectives of *Let's Move!*, a national initiative intended to reduce the problem of childhood obesity around the country through education about healthy nutrition and the importance of physical activity, in the Museum of Russian Icons in Clinton, Massachusetts. This will allow the Museum to become a successful member of the program. We accomplished this by finding ways to demonstrate the importance of healthy eating in the museum, and also by making recommendations consistent with the Museum's mission of enhancing relations between Russia and the United States. Our main objective was to create a pamphlet to be used at a holiday festival planned by the Museum. This pamphlet provides recipes for traditional Russian dishes, along with the same recipes slightly altered to include healthier ingredients, and general information about healthy nutrition. We also researched the food in the Museum's café, and provided the Museum with a food service from which to order, as well as a recommendation of foods to order for the café, in order to serve foods that are consistent with the goals of Let's Move! These pamphlets and recommendations will help the Museum of Russian Icons to become a member of Let's Move! while at the same time facilitating the Museum's better connections with the local community, and providing information to help visitors in their daily lives, and showcasing significant aspects of Russian culture.

## Background: Let's Move!

•On February 9, 2010, First Lady Michelle Obama introduced the *Let's Move!* Organization in response to the national epidemic of childhood obesity in the United States

•*Let's Move!* Goals:

1. Increasing awareness of healthy nutrition
2. Increasing physical activity among children
3. Reducing and prevention childhood obesity

•*Let's Move! Museums and Gardens* is one part of this initiative, and is coordinated by and supported by the federal agency of the Institute of Museum and Library Services.

•*Let's Move!* currently consists of 489 institutions across the country.

•The program has four priorities:

1. Provide exhibits about eating healthily and staying active
2. Help children learn about healthy food choices and physical activity through programs
3. Provide healthy food service
4. Help children learn about nutrition and exercise through the use of food service operation.

•All institutions that are part of this initiative are required to meet one of the first two priorities listed on the Institute of Museum and Library Services' website, and institutions that serve food are also required to meet one of the last two requirements.

•To join *Let's Move! Museums and Gardens*, an organization is required to submit an online form to the program providing:

1. Contact information
2. Information about the Museum
3. Details about the institution's commitment to implement the program's four priorities in an effort to fight childhood obesity.



## Our Contribution

•Two informational pamphlets

1. Family Day Pamphlet of seasonal Russian recipes for December 17
2. Year-long Pamphlet of Russian Salad recipes

•Recommendations for the Russian Tea Room café

1. Analysis of new companies to do business with
2. Suggestion for healthier foods to offer in the cafe

•If the Museum decides to use our recommendation as its food service, it must take a few things into consideration:

1. Make sure there is adequate storage for the food
2. Have refrigerators if the food must be kept cold
3. Reorganize the café to create more counter space



## Museum of Russian Icons

•The Museum of Russian Icons was founded by Gordon B. Lankton in 2006 and grew out of his passion for collecting Russian icons.

•He decided to place the Museum in Clinton, Massachusetts because he wanted to give back to the community that always supported him.

•The Museum of Russian Icons has decided to partner with *Let's Move!* because, in the words of Tara Young, Education and Program Specialist at the Museum of Russian Icons: "It's an excellent example of how Museums can come together to educate our communities about an important issue and to be catalysts for change on a national scale. It also provides a way for us to provide information and resources to our visitors in a way that's relevant to their daily lives. It also gives us an opportunity to showcase some different aspects of Russian culture (Russian sports and performing arts) that fit in with our mission."

## Results & Recommendations

- The four recipes we chose were Estonian Herring and Potato Salad, Vegetable Stuffed Zucchini with Feta Cheese Sauce, Roasted Ham with Russian Buckwheat Stuffing, and Dried Fruit Compote from the book "Please to the Table".
- We chose these recipes because they fulfilled the basic serving size requirements and were healthy recipes.
- We substituted the ingredients butter, sour cream, and suckling pig for extra virgin olive oil, non-fat sour cream, and low-sodium ham.
- In the end, we decided that RussianTable.com was the best food service for the Museum of Russian Icons because it met all the requirements set by the Museum of Russian Icons and the nutrition facts on the site will allow the Museum to select the healthiest options.

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