



Let's Move! Museums & Gardens Monthly Report January 2012

Each month, the Institute of Museum and Library Services (IMLS) provides a status report of the *Let's Move! Museums & Gardens* initiative. This update is sent to the White House, partners and participants. The report highlights success stories and recent announcements and provides an up-to-date listing of participating institutions and a sampling of social media mentions.

If you wish to submit success stories, please email a 150-word article with photos to letsmovemuseumsandgardens@imls.gov. In addition to your submitted photos, please be sure to include a signed copy of the IMLS Photo Release form, which can be accessed at http://www.imls.gov/assets/1/AssetManager/IMLS_Photo_Release.pdf.

For additional programming and communication resources, the *Let's Move! Museums & Gardens* Toolkit is available at http://www.imls.gov/assets/1/AssetManager/LMMG_Toolkit.pdf.

Success Stories

Hands on Health Interactive Center

Stomach Exhibit
Duncan, OK

In the Stomach Exhibit at the Hands on Health Interactive Center students compete in an electronic Fun Food Run game. The students select a cartoon figure that they are to “fuel” for the race. By selecting nutritious foods, their runner quickly proceeds to the next refueling station and eventually, the finish line. If their runner is provided unhealthy snack foods, the runner struggles to keep up without the right foods that the body needs to produce enduring energy. Fuel stations include breakfast, snack, lunch, snack, dinner, snack.



The Fit or Fat Scale, with fabricated food products, each labeled and weighted by its fat content, allows the students to create a balanced daily diet.

A Fitness Station focuses on exercise for the abs. The students are challenged to do as many sit-ups as they can in 30 seconds.



Greensboro Children's Museum

Edible Schoolyard
Greensboro, NC

The Greensboro Children's Museum is the first and only licensed Edible Schoolyard (ESY) within a children's museum setting. The Edible Schoolyard is a licensed model of the Edible Schoolyard in Berkeley, California, a project of Alice Waters' Chez Panisse Foundation. This unique offering in Greensboro, North Carolina provides an engaging, hands-on environment in which families explore nutrition through organic gardening and healthy food preparation.

At the ESY, children participate in all aspects of the farm-to-table experience, preparing garden beds, planting seeds, tending and harvesting crops, preparing food, and composting waste. It features a kitchen where children and their families use fresh, local, and organic ingredients to make delicious snacks and meals. Through these engaging activities, children begin to understand the cycle of food production — and perhaps most important, learn how to eat healthfully.



South Florida Science Museum

Yoga

West Palm Beach, FL

At the South Florida Science Museum children aged 2-6 years can embark on a unique yoga adventure every week that focuses on developing strong, flexible, and healthy bodies. This class is led by a certified children's yoga instructor and combines music, stories, and props that exercise motor skills while increasing flexibility. The children do simple poses alongside their caregiver and express their inner creativity and imagination. The class has proven to build self-esteem and confidence and ensures that no matter how young a child is they will always be up for an adventure.



Children's Discovery Museum of San Jose

Jumpstart

San Jose, CA

Lunchtime has become yet another moment for learning at Children's Discovery Museum (CDM) of San Jose. In November, CDM launched a comprehensive health promotion campaign, unveiling an enhanced food service environment that highlights healthy food choices in the centrally located *Kids Café*. Visitors are drawn in by tall carafes filled with glistening water; tabletops graphically depicting broccoli, carrots, and other colorful produce; and lively photos of smiling local children eating fresh fruits and vegetables. Changes to the café are the first step in CDM's *Jumpstart* initiative, which commits the museum over the next two years to developing a business plan for healthy, sustainable food service. This effort incorporates learning experiences for growing produce for the café in the *Kids' Garden* and engages a diverse audience to share food traditions. *Jumpstart* also envisions promoting physical activity through new *Kids in Motion* exhibits. Keys to success include strategic partnerships with Kaiser Permanente, the Public Health Department, corporate food provider Guckenheimer, and local growers.



Let's Move! Institutions

As of January 6, 2012, 508 institutions in all 50 states and the District of Columbia signed up. [Click here](#) to view the list of the institutions on the IMLS Web site.

Participating institutions by type:

- 1 Aquarium
- 3 Anthropology Museum
- 95 Arboretum/Botanic Garden/Public Garden
- 52 Art Museum/Center/Sculpture Garden
- 127 Children's or Youth Museum**
- 12 Ethnically/Culturally/Tribally Specific Museum
- 18 General or Multi-disciplinary Museum (several subjects)
- 2 Hall of Fame (e.g., music, sports, entertainment, media)
- 17 Historic House
- 22 Historic Site/Landscape
- 53 History Museum
- 8 Historical Society
- 1 Military Museum/Battlefield
- 10 Nature Center
- 15 Natural History Museum
- 25 Science/Technology Center/Museum
- 35 Specialized Museum (single topic/individual)
- 1 Transportation Museum (air & space, auto, maritime, train)
- 2 Visitor Center/Interpretive Center
- 9 Zoo/Animal Park
- 508 Total**

Participating institutions commitments by priority

Priority	Will Do	Currently Do	Not Applicable	Total
Priority #1: Eat healthy, get active exhibits	179	267	36	482
Priority #2: Learning about healthy food choices and physical activity through afterschool, summer and other programs	164	267	38	469
Priority #3: Healthy food service	62	148	231	441
Priority #4: Learning about healthy food choices and physical activity using food service operation	88	49	261	398

Media and Social Media Mentions

Blogs

Let's Move! Museums & Gardens was the topic of the following blog posts this month:

- [The Man Behind the Greenest Greenhouse](#)