



Food Smarts Fidelity Assessment Log

This log supports fidelity of program delivery for **Food Smarts** lesson series. Educators may find it helpful to take notes on a paper copy of the log throughout the series. This log does not need to be submitted to Michigan Fitness Foundation (MFF) but could prompt a conversation with your local team around improving fidelity of program delivery.

Food Smarts is a practice-tested, evidence-based program. Evaluation indicates significant change in youth (4th-5th grade) and adults occurred for lessons taught at schools and community sites for: *using MyPlate to inform food choices; vegetable and fruit consumption; eating more than one type of vegetable; and decreasing sugary beverage consumption.* Evaluation also demonstrated changes in food safety and resource management (but specific behaviors were not specified).

Program Element	Fidelity Criteria	Criteria met
Training <i>Please verify current training options with your MFF Grant Program Manager.</i> <i>Additional training information is available at leahspantry.org or training@leahspantry.org.</i>	Note: Leah's Pantry revised the Food Smarts curriculum in 2022 with trauma-informed nutrition principles (labeled as 'version 3' with 2022 date). If you were trained with previous curriculum versions, version 3 updates are reviewed in the 05/17/2022 Curriculum Updates Webinar recording (only for those <u>already</u> trained). Any new training reviews the updated curriculum.	
	Complete training for selected curriculum: Food Smarts Facilitator Training: <i>Self-paced + 2 live Zoom sessions</i> Food Smarts Waste Reduction Training: <i>Self-paced + 1 live Zoom session</i>	
	Order and review the Instructor Guide associated with your program. Within the Instructor Guide, review the <i>Workshop Best Practices: Checklist (Section F)</i> for key Curriculum Fidelity areas and <i>Using and Modifying the Food Smarts Curriculum</i> . Kids: Available to order online here Adults: Available to order online here (supports the Waste Reduction adult workbook)	
Setting	Kids curriculum: School or community-based site Adult curriculum: Community-based site (housing communities, faith-based, food pantries, shelters, clinics, food distribution sites)	
Participant Age Range	Kids: <input type="checkbox"/> Intended for elementary/middle school students; can be used with high school students with age-appropriate activities Adult: <input type="checkbox"/> Adult Lesson Plan <input type="checkbox"/> Parenting Adult Lesson Plan <input type="checkbox"/> Adult Waste Reduction Lesson Plan	
Minimum Number of Lessons	Kids: At least five lessons Adults: At least three lessons Waste Reduction: At least three lessons	
Minimum Lesson Length	Varies across lessons plans. Align with selected lesson plan:	
	Kids: Lessons are either <input type="checkbox"/> 60 or <input type="checkbox"/> 90 minutes	
	Adult: Lessons are either <input type="checkbox"/> 30, <input type="checkbox"/> 60, or <input type="checkbox"/> 90 minutes	
	Waste Reduction: 60 minutes	
Lesson Frequency	Weekly (One lesson per week)	
Required Lesson Components <i>*Component not required for Adult 5-lesson/30 min. lesson plan series.</i>	1. SMART Goal Check-in/Goal Tracking Sheet*	
	2. Opening/Starting Question	
	3. Taste Test*	
	4. Activity(ies) based on lesson plan & learning objectives	
	5. Recipe Preparation Activity/Demonstration*	
	6. Closing Question	
Supplemental (Optional) Resources	Food Smarts Recipe Booklet: Available here	
	Additional lesson activities	
	Other handouts & resources	
Modifications <i>Were any modifications made from your original plan for the series?</i>	<i>Select all that apply.</i> <input type="checkbox"/> Changed sequence of lessons <input type="checkbox"/> Increased number of lessons <input type="checkbox"/> Decreased number of lessons <input type="checkbox"/> Combined lessons <input type="checkbox"/> Combined groups <input type="checkbox"/> Shortened lesson time <input type="checkbox"/> Changed or replaced activities <input type="checkbox"/> Replaced food tasting with demo <input type="checkbox"/> Replaced recipe <input type="checkbox"/> Omitted tasting <input type="checkbox"/> Delivered food to remote site <input type="checkbox"/> Other: _____	
Please provide a brief explanation for any required criteria partially addressed or not met:	Strategies to improve fidelity of program delivery for this intervention:	