

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; vegeta ble and fruit consumption; eating more than one type of vegeta ble,* and *decreasing sugary beverage consumption.* Evaluation also demonstrated changes in food safety and resource management (but specific behaviors were not specified).

Note: Leahis 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 allegady trained), Any new training reviews the updated curriculum.	Program Element	Fidelity Criteria		Criteria met	
Complete training for seacced curriculum: Self-paced + 2 live Zoom sessions		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 <u>Curriculum Updates Webinar</u> recording (only for those <u>already</u> trained). Any new training reviews the updated curriculum.			
Food Smarts Facilitator Training: Self-paced + 2 live Zoom sessions Food Smarts Waste Reduction Training: Self-paced + 1 live Zoom session Order and review the Instructor Guide associated with your program. Within the Instructor Guide, review the Workshop Best Practices: Checklist (Section F) for key Curriculum Fidelity areas and Using and Modifying the Food Smarts Curriculum. Kids: Available to order online here Adults: Available to order online here Adults: Available to order online here Adults: Available to order online here Adult curriculum: Community-based site (housing communities, faith-based, food pantries, shelters, clinics, food distribution sites) Kids: Intended for elementary/middle school students; can be used with high school students with age-appropriate activities Adult: — Adult Lesson Plan — Parenting Adult Lesson Plan — Parenting Adult Lesson Plan — Adults: At least three lessons Waste Reduction: At least three lessons Adults: At least three lessons Waste Reduction: 60 minutes Lesson Length Weekly (One lesson per week) Required Lesson 2. Opening/Starting Question Supplement and Adults and Closing Question Lesson Components **Component 105** **Component	your MFF Grant	Complete training for selected curriculum:			
Order and review the Instructor Guide associated with your program. Within the Instructor Guide, available at learnspantry.org or training@leahspantry.org Kids: Available to order online here Adults: Intended for elementary/middle school students; can be used with high school students with age-appropriate activities Adult: Lesson Plan Parenting Adult Lesson Plan Adult Waste Reduction Lesson Plan Adults: At least three lessons Varies across lessons plans. Align with selected lesson plan: Kids: Lessons are either 60 or 90 minutes Weekly (One lesson per week) Weekly (One lesson per week) Weekly (One lesson per week) Teaquired for Adults: Seson/Somin lesson Plan series 1. SMART Goal Check-in/Goal Tracking Sheet* 2. Opening/Starting Question 3. Taste Test* 5. Recipe Preparation Activity/Demonstration* 6. Closing Question 5. Recipe Preparation Activity/Demonstration* 6. Closing Question 6. Combined groups 6. Combined groups 7. Replaced recipe 8. Ordifications 8. Replaced recipe 9. Ordifications 8. Replaced recipe 9. Ordifications 9. Or		Food Smarts Facilitator Training: Self-paced + 2 live Zoom sessions			
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Adults: Available to order online here (supports the Waste Reduction adult workbook) 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: Intended for elementary/middle school students; can be used with high school students with age-appropriate activities Adult: Adult Lesson Plan		review the <i>Workshop Best Practices: Checklist (Section F)</i> for key Curriculum Fidelity areas and <i>Using</i> and <i>Modifying the Food Smarts Curriculum</i> .			
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