



PE-Nut Fidelity Tracking Log

This log tracks fidelity of program delivery for PE-Nut, including Healthy Schools, Healthy Communities™, (HSHC™) as the classroom intervention. Educators might find it helpful to take notes on a printed copy of the log throughout the series; then they need to enter the information online after EACH series of lessons.

The evidence-base for HSHC™ indicates that children in grades 3-5 demonstrated significant change in eating vegetables, eating different kinds of foods, trying new foods, choosing water and other healthy drinks, washing hands, and asking someone at home to buy healthy foods.

Program Element	Fidelity Criteria	Criteria met
Training	Participate in or view the yearly MFF PE-Nut Training (Recording available on MFF’s virtual training platform, Connect Space.)	
	Read: Ensuring Success – User’s Guide for HSHC™	
Setting	Elementary school classrooms, preschools, or community settings	
Participant Grades	Pre-K and Kindergarten; Lower Elementary (Grades 1-2); or Upper Elementary (Grades 3-5)	
Minimum Lesson Length	PreK/K: at least 30 minutes per unit	
	Lower and Upper Elementary: at least 45 minutes per unit	
Minimum Lesson Number	Five lessons for any level: Pre-K/K, Lower Elementary, Upper Elementary	
Lesson Frequency	Flexible	
Lesson Order	Teach Unit 1 first, then use other units in any order	
Required Components	HSHC™ Unit Activity (at least <u>one</u> of the three provided)	
	Recipe from the Healthy Snack Tasting booklet (or other recipes approved by MFF Program Manager)	
	Fit Bits™ Physical Activity Break (“live” or from Online in a SNAP)	
	Healthy Homework	
	<i>Family Engagement:</i> At least <u>one</u> of the following: Family Letter, Healthy Snacks Booklet for Families, Health through Literacy Take-Home Bag, Social Media Messaging, PE-Nut family newsletters	
	Health Through Literacy™ Classroom Book Set	
	<i>Physical Literacy:</i> Use of the EPEC physical education curriculum including use of Nutrition Themed Reinforcing Activities.	
	<i>School-wide messaging</i> such as Daily Nutrition Tips Announcements or School wide events	
	<i>Community Engagement:</i> Community engagement activities, school or district assessments (such as HSAT), Social media campaign, Farmers Market Food Navigator program	
Supplemental (Optional) Components and Materials	Health Through Literacy Physical Activity Book Set	
	Healthy Snacks Booklet for Families	
	Fruit and Veggie Learning Aids (soft toys)	
	Health Through Literacy™ Take-Home Book Bag	
	Healthier Classroom Parties	
	Food Model Cards	
	Graduation Certificate	
	<i>Suggested Lesson Supplements:</i> Recommended children’s books or Learning and Community Connections to reinforce lesson messages	



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Modifications <i>Check any modifications made from your original plan (Select all that apply.)</i>	<input type="checkbox"/> Changed sequence of lessons <input type="checkbox"/> Decreased number of lessons <input type="checkbox"/> Increased number of lessons <input type="checkbox"/> Combined lessons <input type="checkbox"/> Shortened lesson time	<input type="checkbox"/> Combined classrooms <input type="checkbox"/> Changed or replaced activities <input type="checkbox"/> Replaced recipe <input type="checkbox"/> Delivered food to remote site <input type="checkbox"/> Omitted tasting component was omitted <input type="checkbox"/> Other: _____
Provide a brief explanation for any required criteria that were not included met:	Strategies to improve fidelity of program delivery for this intervention in the future:	