



Pick a Better Snack™ Fidelity Assessment Log

This log is designed to support fidelity of program delivery for **Pick a Better Snack™** 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 MFF but can prompt a conversation around improving fidelity of program delivery.

The evidence base for Pick a Better Snack™ indicates significant change occurred in daily consumption of fruits and vegetables combined (at home) for third-grade students in classrooms, as well as for asking someone at home to have fruit/vegetables within reach. There is also a social marketing component of this program. Additional evaluation findings are available for reference: [USDA SNAP-Ed and Evaluation Study \(Wave II\)](#); [Blitstein et al. \(2016\)](#).

Program Element	Fidelity Criteria	Criteria met
Training	Complete/View Pick a Better Snack™ Training: Iowa Nutrition Network Nutrition Educator Training	
Setting	Elementary school classrooms or community sites	
Participant Grades	Grades K-1 (Three sets of lessons)	
	Grades 2-3 (Three sets of lessons)	
Minimum Lesson Length	At least 30 minutes per lesson	
Minimum Number of Lessons	At least 7 of the 8 lessons per series	
Lesson Delivery Frequency	Monthly	
Lesson Order	Follow monthly topic and tasting schedule as indicated on Iowa Department of Public Health's Educator Lessons website	
Required Lesson Components <i>Each lesson includes six parts: Introduction, Engage Activity, Explore/Experiential Learning, and Reflection (Voting + Reflection Activity)</i>	<i>Each lesson must include six components:</i>	
	1. Physical Activity (variety of suggestions)	
	2. Fruit/Veggie Tasting Activity	
	3. Reflection: Voting and Reflection Activity	
	4. "Asking" Discussion	
	5. Science Connection	
	6. Bingo card (home connection) (Available here)	
	7. Family newsletters by season (take-home) (Available here)	
Supplemental (Optional) Resources	Videos	
	Stickers	
	Fruit/Veggie Fact Sheets (Available here)	
	Coloring Pages (Available here)	
	What you need to know about.../Facts about...	
	Recommended Books (included on lesson guide)	
Modifications <i>Were there any modifications made from your original plan for the series? (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"/> Classrooms were combined <input type="checkbox"/> Changed or replaced activities <input type="checkbox"/> Replaced tasting with food demo (live or video) <input type="checkbox"/> Replaced recipe <input type="checkbox"/> Delivered food to remote site <input type="checkbox"/> Tasting was omitted <input type="checkbox"/> Other: _____	
Please provide a brief explanation for any required criteria not met:	Strategies to improve fidelity of program delivery for this intervention:	