**Appendix 3: Fidelity Guide**

This guide included 9 domains, which were scored on a 3-point scale (0=not delivered, 1=partially delivered, 2=delivered as intended). Total fidelity was calculated as an average of the 9 items, with a maximum possible score of 18.

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| **TKO Program Fidelity Worksheet** |
| Date/Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Center:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Facilitator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Recipe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fidelity reviewer: \_\_\_\_\_\_\_\_\_\_\_ |
| **SESSION COMPONENTS**  | **RATING** | **COMMENTS** |
|  | **0 = Not included** **1 = Partially included****2 = Included** |  |
| **Welcome** | ❑ 0 ❑ 1 ❑ 2 |  |
| **An official Teaching Kitchen Outreach (TKO) recipe was chosen.** | ❑ 0 ❑ 1 ❑ 2 |  |
| **Facilitator followed the recipe (e.g., did not add butter, salt, sugar, use white instead of wheat bread, etc.)** | ❑ 0 ❑ 1 ❑ 2 |  |
| **Facilitator engaged participants in preparation of recipe.**  | ❑ 0 ❑ 1 ❑ 2 |  |
| **Facilitator taught the participants why the recipe was chosen.**  | ❑ 0 ❑ 1 ❑ 2 |  |
| **Facilitator taught participants a kitchen skill (e.g., kitchen hygiene, food prep skill such as how to wash vegetables, etc.)** | ❑ 0 ❑ 1 ❑ 2 |  |
| **Facilitator discussed how skills taught during the session could be utilized at home.**  | ❑ 0 ❑ 1 ❑ 2 |  |
| **FOR OFFICE USE: Facilitator accurately recorded attendance numbers (note: enter # of participants in attendance below).** | ❑ 0 ❑ 1 ❑ 2 |  |
| **FOR OFFICE USE: Facilitator filled out the TKO session survey in REDCap within 24 hours (note: check 1 if survey filled out late).**  | ❑ 0 ❑ 1 ❑ 2 |  |
| **Rating Total:** | \_\_\_ /\_\_\_ |
| **# of participants in attendance:** | \_\_\_\_\_\_\_ |
| Field Notes: What did you notice about the session?  |