

Nudge Audit to Implementation

Before getting started, use these three steps to evaluate areas to implement nudges and ensure you have consistency once the nudges are in place.

1. Walk the pantry pathway

- Is there clutter?
- Is it clear what food is where?
- Is the food easy to reach?
- Is it organized in a way that helps create balanced meals?

2. Scan the shelves/tables

- What is the first thing you notice on the shelves/tables?
- Are they dirty?
- Is each food easily identified?
- Are like items stored together?
- Are there any eye catching displays to organize or draw attention to foods?
- Are foods that help to manage health easily identifiable?

3. Think through sustainability

- Who needs to be involved in determining nudge strategies?
- Is there already someone in the organization that can implement the nudges?
- Are there staff or volunteers that should complete the nudge training?
- Do we need to create and recruit for a volunteer to implement nudges?

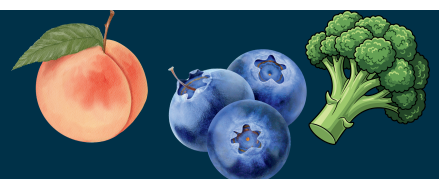
After completing the audit, you are now ready to develop the plan.

To develop an implementation plan:

- Bring together a few teammates to create the Nudge Strategy Plan.
- Outline the strategies to implement once and the ones that need changed out.
- Set a schedule for when strategies will be updated (ex: first of the month or quarter).
- Assign a person or position to lead the implementation.
- Get started.



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Nudge Strategy Checklist

If you're new to using the pantry environment to support neighbors in making nourishing choices this can feel overwhelming or more work than you have time for. Here are a few ideas to get you started as well as ideas you can plan for in the future. Remember, the Lowcountry Food Bank Nutrition team is here to help.

Easy to Implement Strategies

- ☐ Arrange food on shelves or tables by food group (PLACEMENT). Is there already someone in the organization that can implement the nudges?
- ☐ Turn all foods so that the labels are facing the shopping area (DISPLAY CHANGE)
- ☐ Place foods to encourage for health at eye level or in nice bins/baskets (PLACEMENT and DISPLAY CHANGE).
- ☐ Put items that aren't as nourishing (high in saturated fat, sodium, and added sugar) on the bottom shelves or at the back of the table (PLACEMENT).
- ☐ Make and hang up signs identifying the what type of food is in that section to make it easy to navigate (SIGNAGE).
- ☐ Write a list of foods that you get often, that neighbors tend to not know how to use, that could use some suggestions for preparation and hold on to this list for when you're ready to implement some of the other strategies.

Strategies to Implement Over Time

- ☐ Develop a tag with a special symbol or a check mark that can be placed by the nourishing foods (LABELING).
- ☐ Make a space to showcase a recipe and the foods that go in that recipe (BUNDLING).
- ☐ Create signs for those food items you identified earlier with simple and creative ideas for how to prepare them in a nourishing way (SIGNAGE).
- ☐ Put together a sampling plan that lays out the day of the month and how often you will offer a sample (SAMPLING).

Visit lowcountryfoodbank.org/nutrition for nudge resources.

Reach out to nutritionteam@lcfbank.org for assistance.



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