# Six Steps to SuperShelf Systems Change

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
</table>
| **1. SUPPLY:** | Increase Quantity of Better Foods  
• Stocked and available to clients  
• Multiple Distribution Methods |
| **2. STRETCH:** | Add Variety  
• Meet SuperShelf guidelines  
• Wide variety of types and colors of foods |
| **3. SHIFT:** | Organize by Food Groups  
• Change Food Categories and Lists  
• Change layout to emphasize on fruits, veggies, and less processed food |
| **4. SHOWCASE:** | Promote/Prompt  
• Marketing and Signage  
• “Nudge” toward healthy foods  
• Recipes, samples and more |
| **5. SURVEY:** | Evaluate Fidelity, Food Choices, Client Response, Costs |
| **6. SUSTAIN:** | Short-term:  
Inventory, Sourcing, Donations and Recognition.  
Long-term: Food Sources, Costs and Availability, Values/guidelines/policy adopted |

---

**Foundation – SuperShelf Values:** Good Food, Respect for All, Collaborative Partnerships, Evidence-based Practices, Systemic Thinking