GREEN FUND

Sustainability Through Student Innovation

Project Application

Green Fund Mission Statement: "The NAU Green Fund promotes student participation in and provides funding for projects that reduce NAU's negative impact on the environment and create a culture of sustainability on-campus."

Requirements for Funding:

- The project must be implemented on campus.
- The person submitting the project must be a NAU student, faculty, or staff member.
- Projects must provide all necessary documents, letters of support, and authorizations prior to submission.
- The Green Fund distributes funding on a **reimbursement basis**. Project teams should partner with an administrative office to provide upfront funding for the project. Once the project has been successfully completed, the Green Fund will reimburse the administrative partner.
- All project applications should be submitted to greenfund@nau.edu for review.

Disclaimer: All applications will go through a comprehensive vetting process. We highly recommend meeting with a Green Fund Committee member prior to submitting the application. The Green Fund Committee member will assist you with every step of writing your project application. If your project is approved, you may be asked to provide more detailed information regarding specific deliverables. The Green Fund is not responsible for acquiring the necessary permits, permissions, or approvals for a project, although we are happy to assist with this process if needed. Additionally, the Green Fund does not provide any ongoing maintenance costs. A sponsoring department must take responsibility for operations and management.

Review Process: Upon project application submission, the Green Fund will review your project within two weeks. At this time, the Green Fund will provide comments on the project. Incomplete applications will not be reviewed until all components are submitted. **Note:** The Green Fund Committee only meets during the academic year. All projects submitted outside of the regular academic year will be reviewed at the start of the next academic session.

Contact Information

Project Leader Name: Kailee Schaberg Phone: 602-694-4144 E-mail: kes475@nau.edu

Project Advisor Name: N/A Phone: N/A E-mail: N/A

Sponsoring Department: Green Fund

Project name: Green Time of the Month

NAU Department/Unit for funding reimbursements (Attach letter of commitment from departmental representative): Office of Sustainability

Project Overview

Executive Summary

Please provide a brief overview of your proposal. Please address how this project will support the goals of the Green Fund (student involvement, creating a culture of sustainability, and lessening NAU's impact):

This Proposal, Green Time of the Month, will include the distribution of menstrual cups, reusable pads, and non-applicator organic tampons in different sizes to students who menstruate. During Spring 2021 semester, we will be working closely with the people at ASNAU in distributing these products to students in a safe, inclusive manner. The educators at Health Promotion are developing a comprehensive sexual health program training that will be accessible to students in the early Spring and will be the incentive of our project distribution. Students will complete this short training and then have access to the survey where they can request one of the following two bundles.

A) 1 menstrual cup and 3 reusable pads (all sizes) and
B) 3 reusable pads (all sizes) and 36 tampons (15 reg, 12 super, 9 super plus)

In this survey, students will also then schedule an online appointment system pickup/outpost from ASNAU to receive their products in a brown paper bag with appropriate materials (QR codes to period product health info on GREEN NAU webpage and link to post-survey) and of course, a Green Fund Sticker. We plan to distribute approximately 500 packages to students with this project.

Sustainable period products have the ability to radically change the world we live in (even here in Flagstaff) as it addresses issues on intersectional levels including: sustainability, health, economic, queer, and many more. And this initiative will greatly reduce the barriers students have in promoting their own individual sustainable well-being. This new direction and opportunity to provide resources to students who menstruate at NAU will influence their future decisions about sustainability as they are now encouraged to be a part of the sustainability conversation they are often left out of because of our universities current lack of prioritization of sustainable menstruation.

We will encourage people from all corners of campus to work alongside us in this initiative and promotion (ASNAU, Office of Inclusion, Campus Recreation, etc). We want to empower students who menstruate with the health information, resources, knowledge to live a happy and healthy life here at NAU, empowered by sustainable activism and initiatives. This project has the potential to positively influence the

culture of sustainability and sustainability practices of both our university and students who reside here in ways we have yet to explore.

Please answer the following questions detailing the components of your project:

1. Does your project require space or construction on campus? If so, where? Please review the "Space Committee Document" located on our webpage and follow the steps to begin requesting a location.
    a. Storage capacities are available at ASNAU. They will be the primary distributor/outpost for this project.
2. Have you obtained all necessary approvals for this project? Please attach all letters of support to this application. Letters of support should include confirmation from the sponsoring department that the sponsoring department will cover all upfront expenses and work with the Green Fund Business Manager to acquire reimbursement after project completion. If any ongoing operations and maintenance is required of your project, provide a letter of support from the entity that will be covering those costs and/or services.
    a. Yes, from Health Promotion.
3. Will this project provide funding for student wages?
    a. No.
4. Please list all additional sources of funding you have pursued. Include departments, grants, ASNAU, Graduate Student Government, etc.
    a. N/A
5. Have any of the Green Fund Committee members been involved in this project?
    a. If Yes, please identify all committee members:
        i. Yes, this proposal is a slightly revised originally from Rayna Bates. Further, both Co-chairs, Paige and Yazhmin, have been involved over the last few months of planning.

Project Specifics

Relationship to NAU Climate Action Plan (CAP)

1. How does your project align with one of the seven CAP categories (Energy, Water, Transportation, Waste Minimization, Sustainable Landscaping, Environmental Justice, Communication)?
    a. This project aligns with both Waste Minimization and Environmental Justice. Providing students with access to much needed comprehensive sexual health knowledge and resources (free menstrual products) is the heart of equitable, intersectional sustainability. For example, students who may experience financial hardship are given an opportunity to meet their menstrual needs through this project which helps to alleviate period poverty here on campus. Empowering menstruators with this knowledge and resource to switch to reusable and sustainable products, we will essentially reduce NAUs waste by hundreds of thousands of pounds. The intersections between sustainability and health will be acknowledged with this project.

Community

2. Is there a public outreach plan? How will faculty, staff, and students learn about this?

    a. Green NAU, Health Promotion, and ASNAU will plan a large virtual launch campaign to gain large-scale awareness of the distribution events of these products. A representative from Green NAU will get in contact with KNAU to uplift and advertise this initiative. Extensive social media outreach with both of the offices and associated academic departments. Also, we will be working with other corners of campus to promote our initiative, some including the Office of Inclusion, Campus Recreation, Residence Life, and others to promote our initiative.

3. Are you working with other groups on or off campus? If so, describe your partnership.

    a. We will be working at length with Health Promotion, ASNAU, and Green Jacks. Either with developing health promotion material, uplifting initiatives, collaborating on survey development and outreach. ASNAU and Green Jacks folks can collaborate on creating the packages themselves and running the outpost for students. Health Promotion will be primarily helping our initiative through the sexual health training incentive alongside overall promotion and outpost creation assistance. Also, will be the primary health resource and contact person for students to utilize if they have questions. There will also be communication with the other clubs and departments to promote our collaborative initiative.

Project Parameters

4. What are the environmental costs and benefits associated with your project?

    a. There is of course cost to the actual production of these products, including resource consumption, manufacturing processes, and the shipment of these items. However, these products will last the student a significant time and will prevent more day-to-day waste. For example, the Menstrual Cups last approximately 10 years which is equivalent to 200 tampons with plastic applicators. Some of the companies we are working with also help to provide menstrual products to individuals in the Global South that would otherwise not have access to these.

5. Provide an economic cost/benefit analysis for your project. Focus on identifying specific cost savings.

    a. This economic analysis will focus on the cost savings for a single individual who menstruates. The average menstrual cycle lasts for 5 days and the average number of tampons used per day is 4. Which means that a single individual will use up to 20 tampons per period/month. At Target, you can buy a pack of 34 Tampax tampons for 6.99. If an individual uses 20 per period, then in two months an individual has spent 13.94 on just tampons, not including tax. On top of the tampons, individuals often also purchase pads that are used while they sleep. At Target, you can buy a pack of 58 Always pads for 9.39. If only one is used per night then this would last that individual approximately 9 months. However, it is important to note that these are all averages, some individuals use much less and some use significantly more. In two months the average menstrual cycle will cost 23.33 not including tax. If this pattern continues, then an average individual spends approximately 140 dollars in a single year. The average person menstruates for 40 years, this comes to 5,600 spent in their entire lifetime on tampons and pads. This does not take into account other expenses associated with periods, for example ruining underwear

    b. If we look specifically at the Dot menstrual cups for example, a single cup costs 38 dollars not including tax or shipping. That single cup can last an individual up to 10 years. Compared to

tampons, the average person spends 840 dollars in 10 years on just tampons. Not only are these cost effective for the individual, but providing these for free, hugely decreases the cost for the individual.

6. Is this a one-time expense or will you require future funding?
    a. This is a one-time expense. But if all goes well, we hope this project will continue beyond this semester.
7. When your project members no longer attend NAU, who will be responsible for running the project?
    a. Primarily Green NAU, but also folks from ASNAU and Health Promotion
8. How will you monitor the impact of your project after implementation?
    a. We will be asking every person who completes the sexual health training alongside utilize period product distribution to fill out a survey with demographic information alongside sustainable and health related questions and information that both Green NAU and Health Promotion can evaluate and follow up. Also, this project will work on collecting testimonials from students a few months after they receive their product. The conversation around sustainable health resources will surely not end.

Project Budget

Please include a thorough breakdown of all project costs, **as well as a 5% line item for contingency**.

Item	**Price**	**Quantity**	**Total (38,766.96)**
Menstrual Cups	17.00	500	8,500.00
Aisle Maxi Reusable Pad	18.99	500	9,495.00
Aisle Mini Reusable Pad	15.99	500	7,995.00
Aisle Super Reusable Pad	21.99	500	10,995.00
Regular Tampons Non-applicator	0.098 (1)	7,500	735.00
Super Tampons Non-applicator	0.098 (1)	6,000	588.00
Super Plus Non-applicator	0.098 (1)	4,500	441.00
Brown Paper Bags (500ct)	8.98	2	17.96
5% contingency			1,938.35
GRAND TOTAL			$40,705.31

Project Timeline

The timeline should include significant implementation dates for your project. Please add information such as shipping time and consider any holidays or breaks.

Develop survey/health and outreach material with HP		Now- Mid February
Purchase/Receive products		Early February
Extensive social media campaign/advertising	Green NAU, Green Jacks, Health Promotion, ASNAU	Mid February - March
Outpost/Online appointment system pickup	Green NAU, Green Jacks, Health Promotion, ASNAU	Mid March-April

NAU NORTHERN ARIZONA UNIVERSITY

Health Promotion

January 15, 2021

Green Fund Committee Members,

I have reviewed the proposal to partner with the Green Fund Time of the Month menstrual cups, reusable pads, and non-applicator organic tampons in different sizes to students who menstruate at Northern Arizona University and I fully support this project.

The Health Promotion office offers free services to NAU students related to their health needs, so we are excited about the opportunity to expand as a resource to students. Furthermore, we value the chance to help to reduce waste, promote sustainability, help others in need and assist students with managing their menstrual cycles through cost, convenience, and increased wellness. NAU Health Promotion agrees to support the project through the sexual health training incentive alongside overall promotion and outpost creation assistance. We also agree to be the primary health resource and contact person for students to utilize if they have questions.

This project is an opportunity to further students to empower themselves in the management of their health and wellness. Beyond that, this project also fosters the larger NAU efforts to promote sustainability on campus and the surrounding Flagstaff community. Thank you for the opportunity to collaborate on this initiative, and please feel free to contact me directly with any questions regarding our role in the project.

Regards,

Kristen M. Natonie

Diné (Navajo), Pronouns: she/her/hers
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nau.edu/healthpromotion