

# Progress Report - Campus Sustainability Fund

December 2022

## Email:

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## Project Manager Name:

Bridgette Riebe

## Project Name:

Campus Pantry Free Menstrual Cup Program

## Project Subaccount Number:

22.08

## Project Summary Snapshot:

Please copy and paste the "Summary Snapshot" you provided in your project application.

In an effort to adapt to our users' ever-changing needs and eliminate the many forms of basic needs insecurity, the Campus Pantry will be providing free menstrual cups to our users while supplies last. This program seeks to reduce period poverty and its stigma through the dissemination of information on usage and the benefits reusable products have on sustainability efforts. It is the integral mission of the Campus Pantry to provide access to all basic needs, as it should be an inherent part of college life where student success is prioritized foremost.

## Requested Metrics:

Please report your project's metrics and their most recent number or response in a list format.

November 8th (first day): 25 cups November 9th: 22 cups November 15th: 16 cups  
November 16th: 12 cups Closed for thanksgiving break November 29th: 8 cups

# of cups purchased-- 363

# of cups distributed-- 88

# of students engaged with at tabling events - Extravaganza has not tabled yet, so we do not have a number

# of distribution days / tabling days specific to the Menstrual Cup education and distribution-- since Nov 8, 10 distributions

# of hours spent on this project (broken up by students/ staff)- roughly 2 hours of full time staff time, 15 hours of student staff time. Not including distribution because this is not centered solely on this program.

# of people in the core project team involved in planning and execution of project (if they're a student/ staff/ faculty etc). 1 student staff, 1 full time staff.

## Project Accomplishments :

Please describe what aspects of the project have been accomplished. Be as descriptive and specific as possible. Examples of accomplishments could include: Held 4 public meetings totaling 130 attendees; Transitioned 300 square feet of dirt into usable garden space and signed on 14 community garden volunteers. Other examples of accomplishments could include sharing a confirmed schedule of events, the connections/contacts that have been established, etc.

The menstrual cup project has officially started, from the perspective of our users, on Nov 8, 2022. The months leading up to the first day of distributing cups included the making and printing of the graphic/ informational handout of how to insert, take out, and clean menstrual cups, information and training staff on the language and purpose of this program, selecting and buying the menstrual cups (in both sizes small and large), purchasing bins to hold the cups, and pre planning marketing materials and dates. We have also been in contact with other resources on campus that work closely with period poverty like the Feminist Pharmacy, SHAQ, and ExtraVAGanza. We are currently still distributing the cups, so far we have had 5 days, and having conversations for tabling next to the program to help facilitate conversations about period poverty and sustainability of cups.

## Next Steps:

Please detail the next steps for your project, numbering each step. (ie, 1. Connect with X Department to collaborate on the event, 2. Contact the catering options to confirm pricing, 3. Interview candidates for internship).

1. Include the highlights of the program for the basic needs symposium tour on Dec 1st
2. Follow up with ExtraVaganza on tabling for the spring semester
3. Have tabling dates pre scheduled for 1 distribution a month
4. Partner with the feminist pharmacy for marketing of the program within their space
5. Take photos of each packaging based on the sizes for a highlight of the program on social media

5. Post the handout and the pros of sustainable menstrual cups Include written description of the program for the annual benefit dinner in the spring semester

## Challenges Faced:

Please identify and describe any obstacles/roadblocks you or your team have experienced, and detail how you've managed them/ will manage them. Should your project already be completed, please note what challenges you faced and what you would do differently.

One challenge that we have faced was the selection of the menstrual cups, more specifically, the quantity and brands of them. We used our contacts to gather some advice and friction as well as researching and discussing amongst the team for the final decision. Another obstacle we faced was the printing of the handout. The handout was made using Canva and the dimensions were assumed but not confirmed and when sending to fast copy we quickly realized our mistakes. So we got proof of the handouts before final printing and used other platforms like photoshop to make some tweaks until the entire staff were happy with the handouts. We worked in trial and error for the handout and then had the help of someone who specializes in graphic design to overcome the issues faced while printing. This was especially importance to our team as we knew the handouts were to go to every user who received a cup and that when implementing and introducing a program like this we want to help aid and support something we are offering and the educational and destigmatizing of menstrual products as well as the sustainability was crucial. In regards to future challenges or obstacles we feel like this may include tabling conflict of schedules or availability but we plan on reopening on Fridays of next semester so hopefully that will create more flexibility.

## Project Support:

Can the CSF support you in addressing any roadblocks you've encountered? How else can the CSF support your project?

CSF has done great with additional support like seeing the space, including us in connections like ExtraVAGanza and articles. We have seen and heard lots of positive feedback thus far and are sure it will continue especially with the ongoing support and check ins from CSF.

## Photo Upload:

**Please upload or provide links (below) to relevant photos.**

All photos were taken by Sustainability Staff when they came to visit the pantry! They will be hosting a collaborative post with us soon!

## **Photo Link:**

Please copy hyperlinks to photos here should you not be able to individually upload photos.

All photos were taken by Sustainability Staff when they came to visit the pantry! They will be hosting a collaborative post with us soon!

## **Media/Links:**

Please include links to any media coverage or events information (e.g. news, social media, websites, interviews, etc.)

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