

# CSF - Mini Grant Final Application

## FORCE Feminist Pharmacy

### Grant Type

Mini Grant

### Application Type

Final Application

### Primary Project Manager

*The Primary Project Manager is responsible for completing this application, answering questions posed by the Campus Sustainability Fund Committee, and completing all required reporting on project progress and outcomes. If the Primary Project Manager is a student who graduates in May 2023, the Secondary Project Manager must be a staff or faculty member OR a student who graduates after May 2023.*

### Primary Project Manager Name:

Audrie Ford

### Primary Project Manager Status:

Staff

### Primary Project Manager Email:

oddtreeford@arizona.edu

### Primary Project Manager Department

Women & Gender Resource Center

### Secondary Project Manager

*The Secondary Project Manager is the back-up for the Primary Project Manager if they are unable to complete any of the requirements of the Campus Sustainability Fund, particularly completing required reporting on project outcomes. Alternatively, the Secondary Project Manager could be co-facilitating the project with the Primary Project Manager should the proposal require or desire to have two Project Managers.*

### Secondary Project Manager Name:

Estella Trevers

### Secondary Project Manager Email:

etrevers@arizona.edu

**Secondary Project Manager Status:**

Staff

**Secondary Project Manager Department**

ASUA

**Project Advisor Name:**

*Projects where the Primary and Secondary Project Manager are both students require the involvement of a staff or faculty member within project's Fiscal Officer's department. The Project Advisor contact must be a staff or faculty member within your department who is responsible for monitoring the project's budget, communicating with the Fiscal Officer, and reporting if both project managers are unavailable. Please ensure you have received consent from this individual to be the Project Advisor for your proposal and have informed them of your proposal's intent and budgetary needs. If this does not apply to you, type N/A for these responses.*

Kim Dominguez

**Project Advisor Email:**

yaya1@arizona.edu

**Project Advisor Department:**

Women & Gender Resource Center

**Fiscal Officer:**

*The Fiscal Officer is a staff member within your department who is responsible for financial transactions and who will support reporting by pulling requested expenses against awarded funding and ensuring that funding is spent within awarded categories. Please coordinate with your department to properly identify an individual who is a designated Fiscal Officer. If awarded, this will be the individual who will help you access your project's funding. Please ensure you have received consent from this individual to be the Fiscal Officer for your proposal and have informed them of your proposal's intent and budgetary needs.*

Estella Trevers

**Fiscal Officer Email:**

etrevers@arizona.edu

**Fiscal Officer Department Name:**

ASUA

**Request Funding Amount:**

\$5,000 (FY23)

**Official Project Name:**

*Please be specific but concise as this name will appear on reports and our website. Creativity is encouraged!*

FORCE Feminist Pharmacy

**Primary Project Category:**

Social Sustainability (including Social/Environmental Justice)

**Secondary Project Category:**

Waste

**Background and Context:**

*Please provide any relevant background about your organization/team including your mission and/or expertise. Please also lay out the rationale for the proposed project, focusing on the issue that your project would address. This section is meant to give us more information about you and the context for the project, while the questions below provide space to go into detail about your proposal's specifics.*

**Response:**

Feminists Organized to Resist Create and Empower (FORCE) is a student organization that has existed since the 1990's as an intersectional feminist organization dedicated to building a community that educates, advocates for, and empowers women, femme, trans, and nonbinary students. FORCE is a recognized student organization of Associated Students of the University of Arizona (ASUA). FORCE is also a for-credit internship for undergraduates. FORCE receives funding from ASUA for student programs and the Co-Directors (undergrads) receive a stipend to run the student programs. One of their student-led initiatives is the Feminist Pharmacy which is housed in the WGRC. More info on Feminist Pharmacy is available here: <https://wgrc.arizona.edu/frequently-asked-questions-faqs>

Currently we offer pads, tampons, liners, internal and external condoms, dental dams, pregnancy tests, and Plan B. Occasionally we partner with El Rio or Planned Parenthood and receive plan b or other donations. This year Planned Parenthood provided us with 100 Safe Sex Sacks that contained tests, condoms, and Plan B. In total, we've distributed over 400 Plan B this academic year. FORCE's ability to fund the Feminist Pharmacy is reliant on the budget they receive from ASUA. This budget has fluctuated in years past, beginning at \$14,000 with a dramatic decrease to \$8,000 during the pandemic, which was bumped back up to \$11,000 for the fiscal year after students advocated for the necessity of FORCE's services. This budget funds the pharmacy as well as FORCE's large-scale programs, like the Slut Walk in the fall. This sustainability grant will allow FORCE to expand their offerings both in terms of the tangible goods that meet students' immediate needs, as well as opportunities for education around period poverty, taboos around menstrual cycles, and self-care during the menstrual cycle.

**Project Description:**

*Please provide a thorough description and explanation of your project. Describe the objective(s) and what will be accomplished. Describe how each objective will be achieved (listed as steps or goals, with anticipated timeframes for each). Explain how the project will be implemented (who does what?). Finally, please identify the core goals of your project and how you will measure the degree of its success includes the metrics you will track to measure the success or impact of your project (e.g., number of kWh saved, gallons of water saved, number of student training hours, etc.). Responses are limited to 3,000 characters including spaces.*

**Response:**

FORCE's Feminist Pharmacy has been operating for 10+ years on UArizona's campus, and last semester alone served over 300 students (total Plan B distributed). This pharmacy provides the only free menstrual products on campus, in addition to other safe sex and hygiene products. In the last two years there has been an increasing demand not only for the items provided by the pharmacy, but in education around menstrual health, reproductive justice, and period poverty and the disproportionate burden it places on BIPOC students across our community. Through this grant, FORCE will aim to lessen the environmental impact of the pharmacy by providing more sustainable alternatives to traditional menstrual products (pads and tampons), but will also offer more educational opportunities and strengthen brand new partnerships with organizations like Women in Optics (WiO) who are planning to open smaller satellite pharmacies in buildings outside of the Student Union.

- Our proposed timeline is dependent on the disbursement of the grant funds due to FORCE's limited operating budget, but will follow this general structure:
  - Restock the pharmacy with sustainable, disposable pads and tampons. This will be celebrated with an open house held in the Women and Gender Resource Center.
  - Create Instagram graphics in collaboration with the Women & Gender Resource Center to educate FORCE's 1200+ followers and WGRC's 2000+ followers on the links between sustainability, social justice, and period poverty.
  - Lead out educational workshops in the Cultural Resource Centers (AASA, APASA, GSC, NASA, DCC) about reusable period products (reusable cloth pads and menstrual discs) including how to use them and clean them, as well as addressing cultural taboos around menstruation. This will be done in collaboration with local reproductive health expert Dora Martinez, who is currently contracted with the WGRC. These workshops are when the reusable products will be distributed.

FORCE has spent nearly \$3,000 this academic year alone on menstrual products, and the spring semester is only a month in. We expect that this grant will allow us to not only better serve the campus community with an increased capacity, but with education around menstrual cycles, sustainability, and period poverty.

### **Project Summary Snapshot:**

*Please provide a short summary of your project. This summary will be used on our new website and other Office of Sustainability materials, if approved. Think of this as a hyper-concentrated summary to capture your project's scope and impact..*

#### **Response:**

With the help of FORCE, the UA campus has an ever-growing, inclusive, feminist community that's actively fostering a safe space while providing educational, fun programs. FORCE does this by keeping the Feminist Pharmacy open and stocked for everyone welcomed on campus, providing access to free menstrual hygiene products, other health resources, and information on the importance and maintenance of their well-being. FORCE acknowledges that by prioritizing students' and other members of the community's welfare, the campus conscience prospers.

### **Project Feasibility and Logistics:**

*Please provide a description of the work that has been completed so far to make this project feasible. Have all relevant partners been contacted/coordinated with? Have you received consent or authorization from relevant departments or offices to complete your project (Housing and Residence Life, Facilities Management, Parking and Transportation, etc.)? Please identify them in your response. For example, have you received reasonable quotes for supplies? What research has been completed to lay the foundation for this project?*

#### **Response:**

The Feminist Pharmacy currently maintains a stock of menstrual and sexual wellness products and has done so for the past ten years (based on institutional knowledge of current staff). As a result, FORCE interns have extensive knowledge around how to order, receive, stock, and track inventory for the Feminist Pharmacy. Additionally, with years of experience, we have been able to learn how to outreach to students in a productive and effective manner via our growing social media presence on Instagram. Just last semester, FORCE broke 1,000 followers, and through consistent outreach we are seeing continued growth and engagement on the platform. It is this knowledge that allowed us to make quotes for the products we've selected, which included research into the best brands in terms of their sustainability practices (using recycled and/or biodegradable materials, safe farming and labor practices, stated dedication to social justice, and effectiveness in terms of absorbency, odor reduction, and durability for the products themselves). We also know which sizes are most frequently used, and so our proposed orders reflect what the pharmacy already sees as the most frequently used by visitors. Period poverty is a serious issue that negatively impacts mental wellness, educational outcomes (like attendance, ability to focus on class), and physical comfort of menstruating students. But it is a topic that is taboo in many of the QTBIPOC+2S communities that FORCE currently connects with. Only education can address this gap, which is why we have interwoven that as a piece of the work we would do through this grant. Education on reproductive health and justice is a need that cannot be met by other campus partners, like Campus Pantry, because they do not have the educational arm of their programming that FORCE has, nor do they have access to facilitators that make students feel comfortable enough to ask "uncomfortable" questions. We are already educating people who take the limited menstrual products available in the

Campus Pantry about how to use their products, so want to make this a more intentional part of our programming by dedicating part of our budget to it. We also want to expand our offerings and provide more readily available stock and it is distributed in a safe, private space. With the help of this grant, we will be able to afford and maintain more organic and sustainable products to lessen our environmental impacts while continuing to address period poverty on campus. As identified above, we have been able to find sustainable or environmentally conscious companies in order to make sure that their products are affordable enough to fit into our proposed budget while also staying in line with the goals of the grant. Our mission to promote and emphasize social sustainability and educate campus around the links between environmental waste and period poverty will be amplified significantly with the help of the Sustainability Fund and its members.

## **Environmental Sustainability Outcomes:**

*Please provide a description of how you expect your project to advance environmental sustainability on campus. A definition of environmental sustainability is provided on our Resources webpage.*

### **Response:**

FORCE's project to maintain a more sustainable carbon footprint through minimizing menstrual waste will allow for the Feminist Pharmacy to create a wide range of promotion and education on environmental sustainability. Overall, our personal research process has allowed us to educate ourselves on this topic further and has prepared us to feel confident enough to educate others on the topic as well. We have also selected various different kinds of products because we know that a menstrual cycle is not a one-size-fits-all experience. Where some folks may be comfortable using a cup or disc, others would need a washable or biodegradable pad, or an organic tampon that provides them with a healthier alternative to the processed cotton found in most readily available brands of period products. The products we are asking for are either completely biodegradable, made out of recycled plastic, or are completely reusable and therefore eliminate waste from a menstrual cycle. The completely reusable products can last up to ten years or more and can help reduce the carbon footprint of the Feminist Pharmacy and those who use it. Most menstrual waste comes as a result of tampon applicators and pads which are made of plastics. By making the switch to reusable and more sustainable products, Zero Waste Scotland has been able to estimate that a person that switches from tampons to menstrual cups or disks can reduce their carbon footprint by 7 kg of CO<sub>2</sub> per year. This would be 16 times less than if they were to use regular tampons. Furthermore, the International Journal of Gynecology and Obstetrics found that disposable pads and tampons as well as their packaging create around 400 pounds of waste per person in their lifetime. As a result, we would be able to decrease this number through the use of sustainable pad alternatives as well as decrease the carbon emissions of the WGRC and promote a more sustainable mindset.

## **Social Sustainability Outcomes:**

*Please provide a description of how you expect your project to advance environmental sustainability on campus. A definition of social sustainability is provided on our Resources webpage.*

### **Response:**

FORCE is heavily involved in and focuses all of its work on the topic of social sustainability. As a part of our mission, we deliberately aim to reduce period poverty, reduce stigmas around menstruating, and reduce stigmas surrounding the use of period products (particularly those that are inserted, which can touch on virginity taboos for some cultures). Research shows that Queer Trans Black Indigenous People of Color and Two-Spirit (QTBIPOC+2S) people are structurally and systematically impacted by these issues in a disproportionate manner (Cardoso, Scolese, Hamiddan et. al). As a result of this, the climate crisis affects them the most. Redlining is a pertinent example of this. Typically, QTBIPOC+2S students are subject to living in areas where chemical dumps, pollution, and unsafe conditions are common. Being able to provide and educate on sustainable menstrual products in FORCE's already well-established feminist community would allow them to have a safe space to learn and meet their tangible needs so that they can attend classes without the stress of finding menstrual products when their cycle comes. Worrying about being able to afford menstrual products and worrying about how you are affecting the Earth is something that students should not have to worry about on top of all their other responsibilities. As stated before, we know that one method of products does not fit into the safest experience for all of those who menstruate. It's important to provide different methods that go beyond pads or tampons, because not everybody has the comfortability. For example, many trans folks aren't comfortable with insertion- so using products like period underwear may help them. Additionally, there are many folks who have grown up around taboo topics of some

period products- such as tampons. Learning how to use different types of period care, especially when experiencing period poverty, is sustainable and apparent to feminism and uplifting those who are lower-income and working class. Additionally, having the opportunity to include these products in FORCE's Feminist Pharmacy could allow us the opportunity to outreach with other resource centers to hold events for students to learn more about how to use and maintain sustainable menstrual products. We would be able to outreach with the WGRC's reproductive health expert, Dora Martinez, to conduct events on how to use sustainable menstrual products safely and how to take care of yourself on your cycle. Each year we receive dozens of requests from folks asking us to provide resources to their communities. While we do not have the capacity to stock every bathroom on campus, a grant like this would allow us to better address the period poverty students on campus struggle with daily and expand our partnerships with campus organizations.

### **Student Leadership & Involvement:**

*Please provide a description of how you expect your project to benefit students on campus regarding the creation of leadership opportunities or student engagement. What leadership opportunities exist within your proposal? If you plan to hire/ or involve students, please describe in what capacity. For example, if you plan to hire students, create an internship, or seek student involvement, please describe relevant details thoroughly (wages, responsibilities, duration of job, extent of involvement, how you will solicit/ market these opportunities etc.).*

#### **Response:**

FORCE's project of expanding our Feminist Pharmacy with sustainable products will benefit students on campus by strengthening our work to create a comfortable, taboo-free space to access and learn about menstrual hygiene and safe-sex products. The additional funding will help students find comfort in knowing that we are a reliable resource that protects their livelihood and mental and physical well-being. Menstruation can cause students to miss work, class, etc., if they do not have access to menstrual products, and a 2021 study by Cardoso, Scolese, Hamiddan et. al shows that this disproportionately affects QTBIPOC+2S students. Period justice is social sustainability, and FORCE's feminist pharmacy helps bridge the gap for the students who need both supplies and education around menstruation. FORCE is the only group on campus consistently working to address this by meeting the tangible needs of students and has been carrying this work for over a decade, creating a legacy of student leaders who go on to hold careers in non-profits, politics, education, and broader community organizing. The interns of FORCE, who work approximately 10 hours a week, will restock and manage the pharmacy, which gives them business skills around budgeting, inventory, and organization. They will also learn leadership skills by implementing our social media and in-person educational programs around both sustainability and period justice. This provides hands-on experience in marketing, outreach, workshop planning, and social experience, giving the interns the opportunity to create and be a part of something meaningful on campus. We average 10 interns and two student co-directors. These interns are responsible for 10 hours a week, with the co-directors also holding extra responsibilities within ASUA. The interns are given course credit for participating, based on how many credits they have signed up for. Interns may sign up for around 4 credits and programs like Gender & Women Studies, Criminal Justice, Pre-Health, and Political Science all partner to market FORCE to their undergraduates as part of their internship offerings. Our co-directors also get paid a stipend- funded by ASUA- of \$4500 a year, which is dispersed twice a semester.

### **Education, Outreach, and Behavior Change:**

*What opportunities does this project provide for members of the campus/ community to learn about sustainability? How will your project educate the campus community and/or incorporate outreach and behavior change? How are you reaching beyond the "sustainability choir?" Please provide a description of how you expect your project will communicate its impacts to the campus community. What is your plan for publicizing your project on campus? How visible and accessible will your project be to the general campus population?*

#### **Response:**

FORCE's Feminist Pharmacy project will communicate its impacts to the community with outreach via social media, events, tabling, and marketing to campus partners like the Cultural Resource Centers and ASUA. FORCE regularly updates via Instagram, which is our key promotional outlet for our Feminist Pharmacy. We also hold events that educate students on the political climate and the resources available. In partnership with the WGRC, our grant funds would be used to purchase reusable menstrual products and we would invite the WGRC's reproductive expert, Dora Martinez, and community expert Yesi Olivera to lead out programs to teach students not only about their cycles but about how to use the reusable products and care for themselves while on their cycle. Dora and Yesi will provide education in order to make sure that students know how to use the products, which can be intimidating for first-time users. Dora and Yesi have worked with FORCE before, performing workshops around reproductive health and providing Plan B to students when FORCE has run out. Dora's workshops in the WGRC last semester averaged 20 students, faculty and staff per session, and educated folks on

reproductive care and justice, which is the work FORCE aims to do under this grant. On March 15, 2023, Yesi ran a program on menstrual cycles that was attended by over 25 students and ran for two hours. The feedback received was that students felt safe asking any questions they had about their periods, and that Yesi was easy to understand. So, we know that these two experts can lead effective and informative programming that makes students feel safe and empowered. Yesi also already has a well-established Instagram, *apachametierra*, that would allow us to expand our outreach and post quick informational updates that reach a wider audience. Beyond social media, FORCE also promotes all our programs on the WGRC's email listserv, and in the center space itself. This weekly email newsletter reaches over 3500 active subscribers and is managed by the advisor of our program. We also send newsletter requests to the other Cultural Resource Centers, which include their many affiliate student organizations, to ensure we are reaching a diverse audience. Expanding the Feminist Pharmacy is a project that educates the community on a topic that carries a lot of cultural taboos and misinformation. A lot of students do not know what it means to have safe sex, to care for themselves on their cycle, or even what it means to have a period. One recent anecdote was a student visiting the center who did not know that urine and menstrual blood come from different places in the body, and so didn't understand how things like menstrual cups work. These students often struggle to find resources and care for themselves. This grant would make our expansion possible.

### **Timeline:**

*Please describe the timeline of your project. The timeline may be estimations at the point of this Preliminary Application but providing this is especially important if your project is a time-sensitive event. Funds may not be used as reimbursement for projects already completed, therefore a realistic amount of lead time should be given in order for proposals to be eligible for review. Please describe when your project will take place, key dates for when certain elements must start or be completed by, or any other known dates. Timeline extensions will be granted on a case-by-case and limited basis.*

### **Response:**

The timeline is very dependent on the arrival of the items once we receive the funds, but generally speaking the order will follow:

- Placing the order for the supplies listed on our budget spreadsheet. Then, upon their arrival, confirming program times for the following:
  - Open house with WiO to celebrate the opening of their satellite pharmacy.
  - Opening house in the WGRC to celebrate the expansion of more sustainable options in the main Feminist Pharmacy.
  - Dora Martinez and Yesi Olivera's educational outreach to the Cultural Resource Centers, beginning with Asian Pacific American Student Affairs and the Guerrero Student Center, to host programs and give out the reusable menstrual products. Disability Cultural Center would be next.