

# Free Menstrual Products for Community Engagement and Improvement

*A grant proposal for \$20,000  
to fund a student initiative for  
PERIOD at UMass Amherst*

Submitted to the Women's Fund  
of Western Massachusetts  
by Stephanie Bergmann  
December 18, 2019

Period., Inc.  
1801 NW Upshur St. Suite 565  
Portland, OR 97209

December 18, 2019

Donna Haghighat  
Women's Fund of Western Massachusetts  
1350 Main St, Suite 1006  
Springfield, MA 01103

Dear Ms. Haghighat,

On behalf of Period, a non-profit organization that seeks to end period poverty and the stigma surrounding menstruation, I am writing to respectfully request a grant in the amount of \$20,000 from the Women's Fund of Western Massachusetts. This will be used for the purpose of implementing a program that both provides menstrual products for all students at the University of Massachusetts Amherst and creates a student-run organization that encourages student activism to provide women in the area with the same products.

Period poverty and restroom inequality are issues that impact individuals across the globe. In Amherst, Massachusetts, a large number of residents are students in the Five College Consortium, the largest of which is UMass. UMass students have the opportunity and motivation to advocate for an end to this widespread inequality that labels pads and tampons as luxury items that public spaces are not yet obligated to provide at no cost.

The requested grant would be used to install menstrual product dispensers and donation boxes in on-campus restrooms, to stock these dispensers with products for the 2020-2021 academic year, and to use the donated funds to supply local homeless shelters with period products for those in the community who are in need. This project will be almost entirely student-run, organized by a group of students that will be recruited to facilitate the donations to the shelters and encourage youth activism in women's issues.

This program would provide UMass students with the opportunity to become active members in the Amherst community and contribute to the lessening of restroom inequality not just in this area, but in the United States as well. It is imperative that no-cost menstrual products become the standard for all in this country. Starting this movement in Amherst will encourage other communities to enact similar projects that will achieve the same overall goal.

We hope to be able to work with the Women's Fund of Western Massachusetts in order to initiate this project that will benefit this community in multiple ways. Thank you for your consideration and attention. Please contact me with any further questions or concerns.

Sincerely,  
Stephanie Bergmann

# Table of Contents

Table of Contents.....	3
Statement of the Problem .....	4
Period Poverty and Restroom Inequality .....	4
The Mislabeling of Menstrual Products as ‘Luxury Items’ .....	5
Why UMass? .....	6
How Period Poverty Impacts Amherst .....	8
Statement of Request.....	10
Description of Proposed Work.....	11
Goals and Objectives.....	11
Methods.....	11
Description of Available Facilities .....	14
Proposed Timeline .....	15
Budget .....	16
Qualifications of Personnel .....	18
Nadya Okamoto, executive director of Period.....	18
Stephanie Bergmann, principle investigator.....	18
Members of the campus chapter.....	18
Homeless shelter staff.....	18
Summary .....	20
Benefits to Students and Community .....	20
Comparison to Similar Projects at Other Universities .....	20
Urge to Action .....	21
Appendix.....	22
Figures .....	22
References .....	22
Guidelines for Seeking Grants from the Women’s Fund of Western Massachusetts .....	24

# Statement of the Problem

---

## **Period Poverty and Restroom Inequality**

Period poverty is defined as a “lack of access to sanitary products, menstrual hygiene education, toilets, hand washing facilities, and/or waste management” (Sanchez and Rodriguez). Restroom inequality refers to the idea that while toilet paper is free and therefore expected by the public to be available in all bathrooms, pads and tampons are not held to the same standard (Uffalussy). Around the world, people who have periods are expected to arm themselves with pads and tampons in case they find their period catching them by surprise. While some US states “have passed laws mandating schools provide period products to students, deeming them as essential as toilet paper,” (Sanchez and Rodriguez) it’s uncommon for a public restroom – whether in a school or not – to offer these products for free. In fact, even when menstrual products are offered in vending machines, they tend to be broken or not stocked. A survey conducted by Free the Tampons, a campaign to make period products free and available in all bathrooms, found that of the 48% of women who “obtained her supplies from a dispenser in a public restroom,” only 8% said that “in their experience tampon and sanitary napkin dispensers in public restrooms work all the time” (Free the Tampons).

However, even if these dispensers are fully stocked and operational, the issue remains that people are expected to pay for the products that they need when other restroom necessities are provided at no cost: soap, paper towels or hand dryers, toilet paper. This does not mention how expensive period products are: “the average menstruator...will use approximately 16,800 tampons and pads during their lifetime,” the cost of which is around “\$3,024 and \$5,040, not including any sales tax” (Montano). While this does not draw a distinction between products individuals must provide for themselves in their own homes and products that could be provided

at no cost in public spaces, the fact that people who menstruate are expected to indefinitely carry these items with them is unfair. The Occupational Safety and Health Administration (OSHA), a US governmental agency that ensures healthy working conditions, requires that restrooms in commercial buildings “maintain adequate supplies of toilet paper, hand soap and paper towels” (Johnson) to ensure the comfort of those who work there – but nowhere in these regulations are pads or tampons mentioned. These regulations, too, label period products as unessential when, in actuality, they are anything but optional.

## **The Mislabeling of Menstrual Products as ‘Luxury Items’**

Part of the reason that period products are not provided for free in public spaces is because they are considered by many to be ‘luxury items,’ rather than necessities of life. This is exemplified in the “tampon tax,” taxation of menstrual products that some states have begun to repeal in recent years (see Figure 1). Although “most hygiene items are taxed under state laws,” lawmakers in these states have deemed period products as “medically necessary” and therefore exempt from the taxes that items such as deodorant and toothpaste are subject to (Salam). However, as lawmakers begin to recognize that pads and tampons are not luxuries but necessities, America becomes closer to lessening period poverty and restroom inequality. Although Massachusetts has no tampon tax, we can still do more within this state by striving to remedy public restroom inequality.

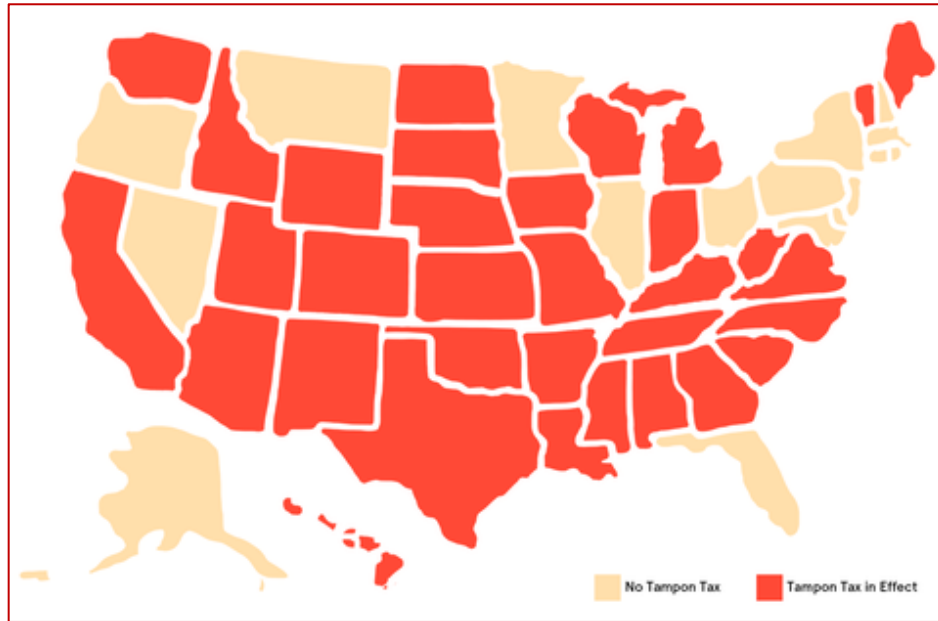


Figure 1

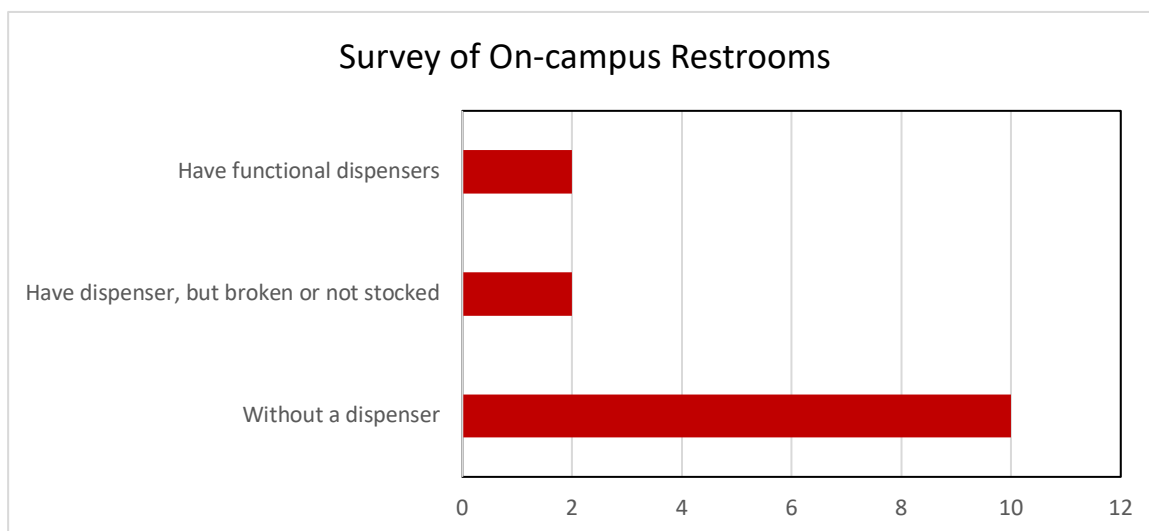
## Why UMass?

Of the 23,500 undergraduate students and 7,000 graduate students who attend the University of Massachusetts Amherst (UMass), 50% identify as female (“Diversity Matters: Data”). Like the population of the United States, the UMass campus is nearly equally divided in terms of gender, meaning that roughly half of its population menstruates. Despite this, however, there is a significant lack of access to period products on campus.

I conducted research on the availability of pads and tampons across campus, surveying restrooms in the most frequented buildings according to students of differing majors. As shown in the figure below, I examined multiple restrooms in academic buildings across campus such as the Campus Center, Library, and Integrative Learning Center. Although this does not account for every campus restroom, I overwhelmingly found that there was little immediate access to menstrual products. Out of fourteen restrooms surveyed, four total had dispensers, and only two of those worked and were stocked. The remaining ten restrooms had no dispenser of any kind. Although there is not a complete absence of accessibility to pads and tampons on campus due to



these vending machines, due to the commonplace absence of or unusableness of these dispensers, there is an increased need for student access to the menstrual products that they need.



*Figure 2*

The university offers period products through Student Affairs and Campus Life via the Student Care Supply Closet, “which provides free toiletries and household items to students who are facing economic insecurity and/or an unexpected financial emergency.” While this is an effective way to supply all students with the products they need, it does little to help a student who needs a product immediately: to pick up items from the supply closet, the student must “complete a shopping sheet and pick up [their] items within one business day” (“Student Care Supply Closet”). University Health Services (UHS) also sells pads and tampons, but these are priced at 42% more than they would be if they were bought off-campus. A 36-pack of tampons at Target is priced at \$6.99 on their website, \$4 more than UHS charges for the same product.

Ensuring that all UMass students have the means to supply themselves with pads and tampons is complicated by the fact that college students are typically low-income or don’t have dispensable income. These students’ inability to have products with them means that they are more likely to miss class so that they can take the time to get what they need. If these products

are made free and readily available in academic buildings, however, students will be less likely to miss class. A 2017 study by Always, a brand of menstrual hygiene products, found that “nearly one in five girls [female students, aged 16-24] in the US have either left school early or missed school entirely because they did not have access to period products (Always). Similarly, “72% of menstruators [of all ages] in emergency situations without the essential products leave work or school early out of stress, humiliation, panic, and the need to get the necessary protection” (Montano). If period products are made free and readily available in academic buildings, people who menstruate will be able to avoid the potential stress of unpreparedness, and instead focus on their education.

## **How Period Poverty Impacts Amherst**

In the town of Amherst, restroom inequality and period poverty persist, seen most prominently in low-income and homeless individuals. Donation drives at homeless shelters most often bring in food and clothing. Though these contributions are important, period products are often seen as nonessential and therefore are not donated in large quantities. For homeless or low-income individuals, spending an average of “\$120 a year on tampons or pads alone...not including other purchases associated with menstruation such as medicine, birth control, [or] heating pads” is simply not feasible (Luckow). Despite this, and “despite being [some] of the most highly requested [products], tampons and pads are the least donated items for homeless women in the United States” (Roos).

Amherst is no different. Homeless and low-income people in the community are always in need of necessities such as food, clothing, and toiletries, but when some of the least donated items are products that people need consistently every month, accumulating enough products to accommodate demand is difficult. When individuals “are forced to make the choice between a



meal and buying feminine hygiene products,” they are often “forced to lose a sense of dignity as they are forced to use whatever is free and available to them: usually an old piece of cloth or wadded up toilet paper” (Luckow). Not only should menstrual products be free to all in public restrooms, but it is important that we first focus on those most in need in the community.

## Statement of Request

---

We at Period, a nonprofit organization registered under Section 501(c)3 of the Internal Revenue Code, are requesting funding amounting to \$20,000 for the creation of a project that provides no-cost tampons and sanitary napkins in restrooms on the University of Massachusetts Amherst campus. Alongside this program, the university will institute a donation fund for those who use the available products to contribute to providing those in need in the Amherst community with menstrual products as well. These donations will specifically be used to help homeless and low-income people with periods, therefore benefitting the community as a whole rather than solely the university.

Funding this project will situate the University of Massachusetts among other universities that have instituted similar programs, including Cornell University, Brown University, and University of Washington. It will empower students to “create a climate of economic empowerment,” and allow the women of the university to collaborate with the women of Amherst to help “build a sustainable movement for gender equity” (WFWM) by advocating for restroom equality. With this grant, the products provided to students will raise awareness of period poverty, as well as foster a stronger sense of duty to the communities of UMass and the town of Amherst.

# Description of Proposed Work

---

## Goals and Objectives

Overall, this project seeks to remedy two issues through student participation and activism:

- To provide students on the University of Massachusetts Amherst campus with access to no-cost menstrual products.
- To instigate a means of using this program to benefit the women of the Amherst community as a whole.

The aims of this project are to:

- I. Initiate a program to install pad and tampon dispensers in at least two restrooms per academic building.
- II. Provide students with a sense of community and activism by encouraging them to join UMass's Period chapter.
- III. Create a drive that students who use the provided products can donate to, the proceeds of which go to shelters that aid low-income and homeless individuals in Amherst who need access to the same menstrual products.

## Methods

### *I. Placing product dispensers in on-campus restrooms*

To institute a program that both supplies the students of UMass Amherst with the menstrual products they need and creates an opportunity for those students to give back to the community of Amherst, the first step will be to install both dispensers (see Figure 3) and donation boxes (see Figure 4) in at least two restrooms per academic building. These will be mounted to the wall of each designated restroom and will advise students to take only what they

need. The donation box will describe our mission of providing the women of Amherst with the same privilege of these free vital products and will also display a QR code for online donations. A sign for the donation box might say: “Take only what you need, please. Consider donating \$2 for anything you use so we can give the women in need of Amherst the same products.”



Figure 3



Figure 4

## *II. Re-establishing a period campus chapter*

Period has 600 campus chapters at schools across the country “that strive to advance [the] mission of ending period poverty and period stigma.” These chapters “employ our three pillars of service, education, and advocacy” by “[distributing] menstrual products to people in need in their community and [working] on changing policy to advance menstrual equality on both the local and state level” (Period). The Period chapter on the University of Massachusetts Amherst campus will instigate change by engaging in this kind of activism and serving the community it advocates for. Members of the Period chapter will volunteer or recruit student volunteers who

will restock the pad and tampon dispensers weekly, or, once the program has been initiated, as often as restocking is deemed necessary based on levels of usage.

According to the chapter directory on Period's website, UMass Amherst is already registered; however, this chapter is not listed as a Registered Student Organization (RSO) because it has become inactive in recent years. As such, the chapter will be reinstated with members who will strive to keep the chapter an active student-run organization.

### *III. Donate proceeds to a homeless shelter in Amherst*

The Period campus chapter will also facilitate donations of menstrual products to local homeless shelters. Designated members of the chapter will take the money from the donation boxes and online donations, and purchase items such as pads, tampons, and menstrual cups, and give them to shelters in the area, such as Craig's Doors, a shelter which encourages any hygiene product donations, and Jessie's House, which houses families of any kind. The chapter will communicate openly with the shelters to ensure that the right products are being supplied. For instance, if one of the shelters is in need of more pads and less tampons, the chapter will accommodate this in the items that they purchase.

Student facilitation of the donations of these vital products will situate this project in the community of Amherst, not just within UMass, and will make the students more aware of the impact they can have outside of their campus. This will also ensure that the members of the community most in need have the opportunity to receive these vital products at no cost the same way students do.

# Description of Available Facilities

With around 100 academic buildings on the UMass Amherst campus, we assume each building has at least two restrooms that will be equipped with dispensers. In these buildings, the products that will be used to restock the dispensers will be stored in the same place as the other bathroom necessities like soap, paper towels, and toilet paper, presumably a supply closet or cabinet. The members of the Period chapter who volunteer to restock the dispensers will have access to the particular supply closet or cabinet in which the products are kept so they can ensure that the dispensers are adequately filled.

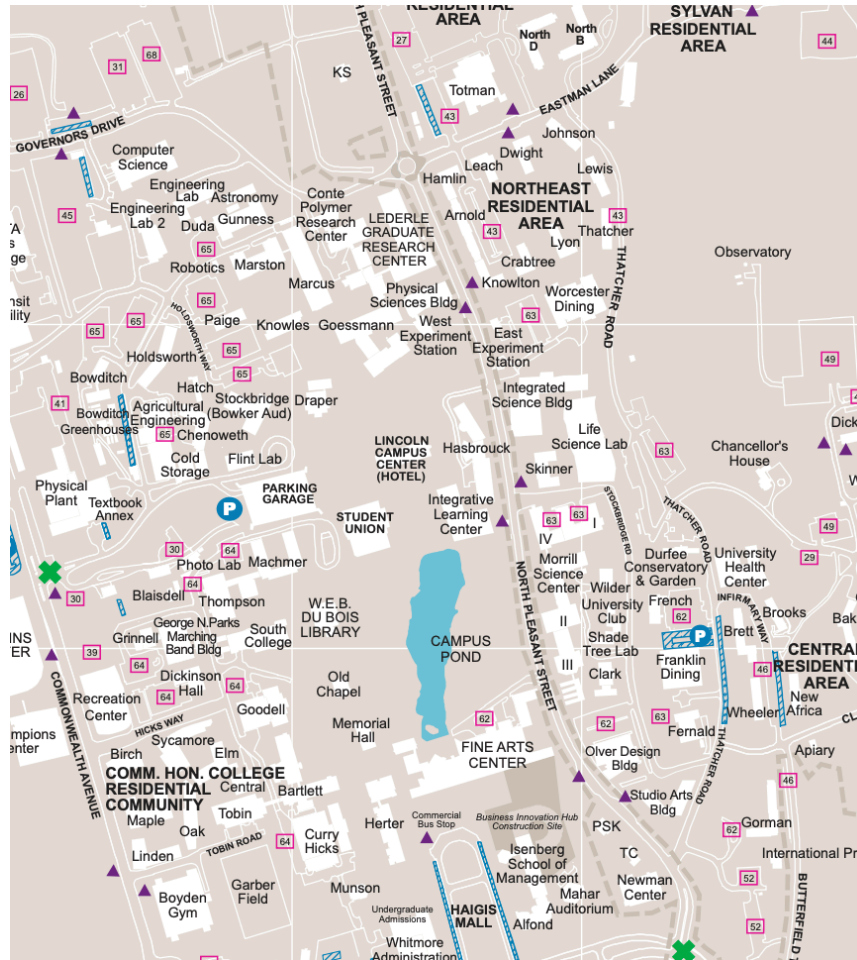


Figure 5

## Proposed Timeline

---

The implementation of this project will take place over the course of a school year in order to ensure its continued success at the university.

September 8, 2020	First day of fall semester
September 2020	Begin recruiting students to join the campus Period chapter by posting signs around campus and in restrooms, and set up a table at the Activities Expo
October 8, 2020	First chapter meeting, discuss leadership positions and what the chapter seeks to accomplish
October 15, 2020	Second chapter meeting; vote for leadership positions
November 2020 – December 2020	Contact local shelters to ensure that they need the menstrual sanitary supplies that will be sent the following semester
January 2020	Purchase necessary supplies and install dispensers in designated restrooms
January 19, 2020	First day of spring semester – all product dispensers will be installed and fully stocked for the first day of classes
January 27, 2020	Volunteers from the Period chapter check in on dispenser supply levels and resupply where needed, and empty donation boxes
January 29, 2020	Chapter meeting; members total donations and purchase period products to donate to local shelters in need
January 2020 – May 2020	Period chapter volunteers continue to restock dispensers as necessary, recording how often they need to replenish so they can create a definite refilling schedule to follow the following semester
January 2020 – May 2020	The chapter continues to purchase and send menstrual product donations to local shelters with the money collected from the donation boxes



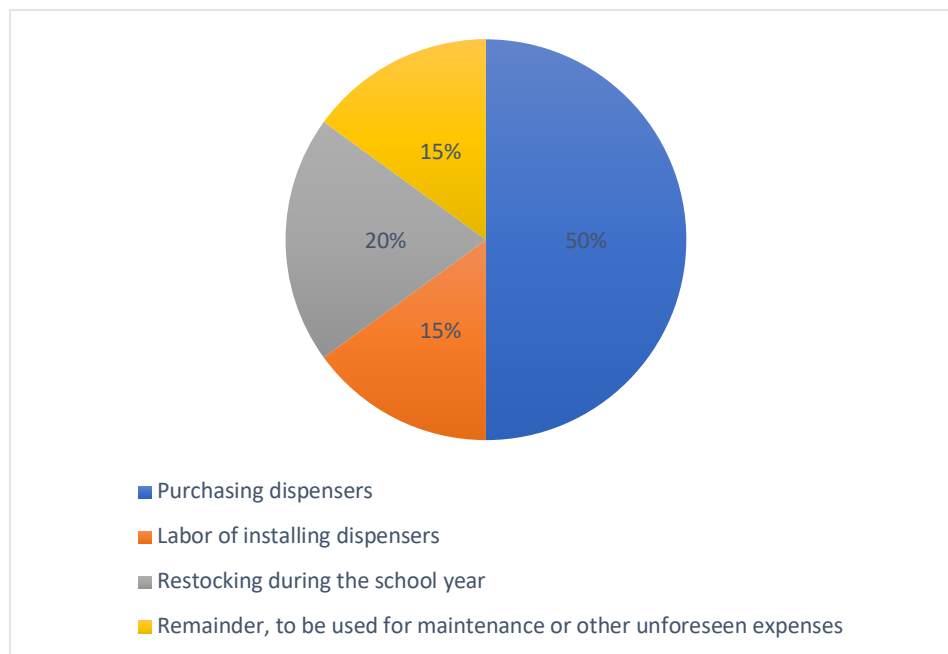
## Budget

---

Grant money would go toward the implementation and maintenance of a program on the UMass Amherst campus that supplies at least two restrooms in each academic building on campus with a dual tampon/pad dispenser.

During the 2017-2018 school year, the University of Nebraska-Lincoln (UNL) instituted a similar project in which menstrual products are provided at no cost in a number of restrooms on campus. According to their report, “the cost of the project [was] estimated at \$16,000-\$15,000 for initial installations and \$1,000 in products” (Korinek). UNL has 20,000 undergraduate students, and UMass has 22,000; on both campuses, around 50% of students are female (“UNL Student Population Stats”). Due to the similarity in size of student population and gender statistics, requesting a similar amount of funding makes implementing a similar project at UMass feasible.

The proposed budget breakdown for the 2020-2021 school year is as follows:



*Figure 6*

Total funding requested	\$20,000
Initial purchasing of at least 200 dispensers and donation boxes	\$10,000
Cost of labor for installation of the dispensers and donation boxes	\$3,000
Restocking products throughout school year	\$4,000
Remainder, to be used for maintenance or other unforeseen expenses	\$3,000

Assuming that the dispensers and donation boxes are \$50 initially, and that there are 100 academic buildings with a minimum of two restrooms each, \$10,000 goes toward the initial cost of purchasing these. Based on the implementation of a similar program in the state of New York, in which the East Rochester School District installed twelve dispensers and spent \$280 in labor (Crawford), labor costs for this project at UMass on a much larger scale should amount to around \$3,000. The model of dispenser we are proposing to be installed comes already stocked products; however, refills of these products in bulk are necessary to purchase as well. At \$129 total for 500 tampons and 250 pads, each item costs around \$0.18 (Uline). Presuming that the cost of \$129 must be tripled to account for all the restrooms equipped with dispensers, and presuming that these products must be in stock during the eight months of the school year, the estimated expense of stocking these products will amount to around \$3,100. To account for unforeseen fluctuation in usage of products, we will raise this part of the budget to \$4,000. Some adjustment may be needed in the budget for restocking the products as we assess how quickly the dispensers need to be refilled. The remainder of the funds will be set aside in the event that there are unexpected complications and/or necessary maintenance.

# Qualifications of Personnel

---

## **Nadya Okamoto, executive director of Period**

Co-founder of Period and current executive director, Okamoto is familiar with working with today's youth and instigating youth activism. When she was a teenager, her family experienced homelessness, where she learned that low-income women in her hometown would go to extreme lengths to take care of their periods. She founded Period as a means to motivate Generation Z to make a change in how we as a society talk about menstruation and fight for restroom equality (Period).

## **Stephanie Bergmann, principle investigator**

I am an English major in my junior year at UMass. As I have a passion for women's activism and am well-versed in this topic from my research, I will act as de facto leader of the Period chapter at UMass unless another individual is voted into the position.

## **Members of the campus chapter**

The members of the re-instated Period campus chapter will be students at UMass Amherst of any gender, any grade, and any area of study. They will be dedicated to fighting period poverty and restroom inequality and will be prepared to be an active member of the chapter by attending meetings, volunteering to restock the dispensers across campus, and instigating change at UMass and in Amherst.

## **Homeless shelter staff**

To ensure that the donations collected from the donation boxes are properly used and distributed, we will be in contact with multiple homeless shelters in the area, for instance Craig's Doors in Amherst, the head staff of which includes:

- Kevin Noonan, Agency Director
- Allison Duddleston, Lead Shelter Manager
- Michelle DeWolf, Shelter Manager and Food Services / Volunteer Coordinator.

## Summary

---

### **Benefits to Students and Community**

This project will unify the students of UMass and the residents of Amherst who are in need. Through funding from the Women's Fund of Western Massachusetts, not only will the students of the university be supplied with the products that they need, but they will be mobilized to instigate change both on and off campus. Implementing no-cost pads and tampons will benefit UMass students, and will contribute to the larger scale resistance against restroom inequality and period poverty. It will also serve those most in need in the community of Amherst and create a link between the university students and the local citizens and families of the town. The Women's Fund of Western Massachusetts's support of this proposal will contribute to this long overdue movement to end the stigma that surrounds periods.

### **Comparison to Similar Projects at Other Universities**

Projects similar to this one have been successfully implemented at other universities across the United States, namely Cornell University, Brown University, University of Washington, University of Minnesota, Texas A&M-Corpus Christi, and University of Nebraska-Lincoln. All of these projects have taken different approaches, but the common factor between them is the student activism. At the University of Washington, for instance, "two female students approached the [Building Services Department] leadership" to pitch the idea of complimentary products (Nitch), and at Brown, student government representatives stocked bathrooms across campus in the middle of the night with products that they personally funded, an operation that was a catalyst for the campus's initiative to provide pads and tampons for free (Mettler). The link of student activism between these universities' efforts to make period products available to students at no cost is of extreme importance and is why this proposal relies heavily on student

participation in order to succeed. Although this proposal is unique in that it asks for grant money from a foundation rather than donations from students or alumni, it is also unique in its dual goal of supplying both the students and low-income residents of Amherst with necessary products.

## **Urge to Action**

Funding of this program would not only benefit the student body of University of Massachusetts Amherst, but also the in-need population of Amherst. It would remind students that the world is bigger than just their campus, and that while they have the privilege of being able to receive an education at a school that encourages activism and invites change, not everyone has those opportunities. In supporting this project, the Women's Fund of Western Massachusetts would play a pivotal role in demonstrating that period products shouldn't be considered a luxury good to anyone, and therefore should be provided in the same way other necessities are.

# Appendix

---

## Figures

*Cover image:* Photograph of menstrual products (via freepik.com)

*Figure 1:* Map of the states that still have the ‘tampon tax’ in effect as of October 2019 (via marieclaire.com).

*Figure 2:* Survey of menstrual product availability in on-campus restrooms

*Figure 3:* Tampon and pad dispenser that does not require the user to pay (via hospeco.com)

*Figure 4:* Metal donation box (via amazon.com)

*Figure 5:* Close-up map of academic buildings on the UMass campus (via umass.edu)

*Figure 6:* Budget breakdown of proposed project

## References

“Always Wants to Help #EndPeriodPoverty to Keep Girls in School & Confident.” *Always*,

Always, 2017, [always.com/en-us/about-us/end-period-poverty](https://always.com/en-us/about-us/end-period-poverty).

“Chapters.” *PERIOD.*, 2019, [www.period.org/chapters](http://www.period.org/chapters).

Crawford, Bridget. “How Much Do ‘Free’ Tampons Cost? #MenstrualCapitalism and Examples

from New York State.” *Feminist Law Professors*, 14 Sept. 2018,

[www.feministlawprofessors.com/2018/09/how-much-do-free-tampons-cost-](http://www.feministlawprofessors.com/2018/09/how-much-do-free-tampons-cost-menstrualcapitalism-and-examples-from-new-york-state/)

[menstrualcapitalism-and-examples-from-new-york-state/](http://www.feministlawprofessors.com/2018/09/how-much-do-free-tampons-cost-menstrualcapitalism-and-examples-from-new-york-state/).

“Diversity Matters: Data.” University of Massachusetts Amherst, 2018.

<https://www.umass.edu/diversity/data-policies>.

“Feminine Hygiene and Dispensers.” *ULINE*, [www.uline.com/BL\\_1117/Feminine-Hygiene-and-](http://www.uline.com/BL_1117/Feminine-Hygiene-and-Dispensers)

[Dispensers](http://www.uline.com/BL_1117/Feminine-Hygiene-and-Dispensers).

Gerson, Jennfier. “Bathroom Inequality.” *Free the Tampons*, 19 June 2015,

[www.freethetampons.org/bathroom-inequality.html](http://www.freethetampons.org/bathroom-inequality.html).



“Grant Making for Social Impact.” *Women's Fund of Western Massachusetts*, 2019,  
[www.mywomensfund.org/pillars/grantmaking/](http://www.mywomensfund.org/pillars/grantmaking/).

“How Diverse Is University of Nebraska - Lincoln?” *College Factual*, 13 Sept. 2019,  
[www.collegefactual.com/colleges/university-of-nebraska-lincoln/student-life/diversity/](http://www.collegefactual.com/colleges/university-of-nebraska-lincoln/student-life/diversity/).

Johnson, Erik. “Rules & Regulations for Business Public Restrooms.” *Chron*, Chron, 5 Mar.  
 2019, [smallbusiness.chron.com/rules-regulations-business-public-restrooms-68740.html](http://smallbusiness.chron.com/rules-regulations-business-public-restrooms-68740.html).

Korinek, Abby, and Ian Tredway. “UNL Now Offers Free Tampons Campus-Wide.” *The Daily Nebraskan*, 2 Sept. 2015, [www.dailynebraskan.com/news/unl-now-offers-free-tampons-campus-wide/article\\_ee53fd76-510c-11e5-b489-3bea9466b521.html](http://www.dailynebraskan.com/news/unl-now-offers-free-tampons-campus-wide/article_ee53fd76-510c-11e5-b489-3bea9466b521.html).

Luckow, Kaitlyn. “Need Grows For Feminine Hygiene Products In Homeless Shelters.”  
*Nannocare Period Blog*, Nannocare, 22 Oct. 2018, [nannocare.com/blogs/news/need-grows-for-feminine-hygiene-products-in-homeless-shelters](http://nannocare.com/blogs/news/need-grows-for-feminine-hygiene-products-in-homeless-shelters).

Mettler, Katie. “Free Tampons for All at Brown University This School Year - Even in the Men's Room.” *The Washington Post*, WP Company, 30 Apr. 2019,  
[www.washingtonpost.com/news/morning-mix/wp/2016/09/09/free-tampons-for-all-at-brown-university-this-school-year-even-in-the-mens-room/](http://www.washingtonpost.com/news/morning-mix/wp/2016/09/09/free-tampons-for-all-at-brown-university-this-school-year-even-in-the-mens-room/).

Montano, Elizabeth. “The Bring Your Own Tampon Policy: Why Menstrual Hygiene Products Should Be Provided for Free in Restrooms.” *University of Miami Law Review*, vol. 73, no. 10, 30 Oct. 2018, doi:<https://repository.law.miami.edu/umlr/vol73/iss1/10/>.

“The Murphy's Law of Menstruation.” *Free the Tampon*, Free the Tampon, 2013,  
[www.freethetampons.org/uploads/4/6/0/3/46036337/ftt\\_infographic.pdf](http://www.freethetampons.org/uploads/4/6/0/3/46036337/ftt_infographic.pdf).

“Nadya Okamoto.” *PERIOD.*, [www.period.org/nadya](http://www.period.org/nadya).

Nitch, Allison. “Menstrual Product Pilot Program.” *UW Facilities Blog*, University of Washington, 13 July 2017, [facilities.uw.edu/blog/posts/2017/07/13/free-menstrual-products-pilot-program](https://facilities.uw.edu/blog/posts/2017/07/13/free-menstrual-products-pilot-program).

Roos, Olivia. “Homeless Women Are in Need of Menstruation Products. Period.” *NBC Connecticut*, NBC Connecticut, 24 Aug. 2017, [www.nbcconnecticut.com/news/local/homeless-women-in-need-of-menstrual-products-period/19798/](http://www.nbcconnecticut.com/news/local/homeless-women-in-need-of-menstrual-products-period/19798/).

Salam, Maya. “Goodbye, Tampon Tax (at Least for Some).” *The New York Times*, The New York Times, 9 Nov. 2018, [www.nytimes.com/2018/11/09/health/tampons-tax-periods-women.html](https://www.nytimes.com/2018/11/09/health/tampons-tax-periods-women.html).

Sanchez, Erica, and Leah Rodriguez. “Period Poverty: Everything You Need to Know.” *Global Citizen*, 5 Feb. 2019, [www.globalcitizen.org/en/content/period-poverty-everything-you-need-to-know/](https://www.globalcitizen.org/en/content/period-poverty-everything-you-need-to-know/).

“Staff.” *Craig's Doors*, 2019, [www.craigdoors.org/staff](http://www.craigdoors.org/staff).

“Student Care Supply Closets.” University of Massachusetts Amherst, 2019. [https://www.umass.edu/dean\\_students/student-care-supply-closets](https://www.umass.edu/dean_students/student-care-supply-closets).

## **Guidelines for Seeking Grants from the Women’s Fund of Western Massachusetts**

### **Core Focus**

The Women’s Fund supports organizations and projects that help drive gender equity by fostering economic prosperity for women of all ages. All grant projects must center women’s leadership and must demonstrate meaningful relationships with multi-sector partners.

### **Strategic Grants**

The Women’s Fund strategic grants are conditional commitments. Successful grantees are required to enter into a contract with the Fund each year of the 3 year grant cycle. Eligible proposals must impact women in the western Massachusetts counties of Hampden, Hampshire,

Franklin and Berkshire. Applications are a two part process that open in winter. Applicants will be notified of status in the spring. All money must be distributed through registered 501(c)(3) entities.

Project proposals must demonstrate meaningful collaboration between at least two distinct organizations. We will also give priority to applicants that involve cross-sector coalitions (non-profit, corporate, government, school, etc.) Successful proposals should articulate a progressive three-year plan with one or more of the following outcomes:

- Public policy change
- Advances in existing research
- Redefining/reframing key narratives in order to influence individual and/or community behavior
- Building critical mass of engagement
- Demonstrating replicability of a model/innovation

### **Eligibility Information**

Proposals must impact women in the western Massachusetts counties of Hampden, Hampshire, Franklin and Berkshire. Proposals with statewide or national impact will be considered only if they are led by an organization located in one of the above four counties. All money must be distributed through non-profit organizations federally determined as 501(c)(3) entities. Applicants without 501(c)(3) status may engage a fiscal agent to administer their grant funds.

### **Available Funds**

There is no set award size. Project budgets should reflect the scope of the proposal and should not exceed \$80,000 per year, for the 3-year grant period. Please note, maximum size of past awards was \$20,000 per year for 3 years.