



Sustainable Action Fund Grant Program

LARGE GRANT - FINAL APPLICATION

For applicants requesting \$5,000-\$300,000. Application instructions can be found in the Large Grant Application Toolkit located on our website www.wvu.edu/sustain/proarams/saf/apply/. Applications are due by March 3rd, 2017.

Submit applications by delivering a hard copy AND emailing a scanned version (including signatures) to the SAF Grant Program Coordinator Johnathan Riopelle at Viking Commons Room 24. Email: John.Riopelle@wwu.edu.

1. PROJECT TITLE: Sustainability, Period.

2. TEAM INFORMATION

Project Advisor Information (Faculty or Staff) Student proposals must include a staff or faculty advisor. The role of the advisor is to provide assistance and guidance to the proposal submitter during the development, implementation and post-implementation stages of the proposal process.

Project Lead: There must be at least one team leader assigned to the project.

Name	Department/School Students also provide major/minor	Position Faculty/staff/student . Students provide expected quarter/year of graduation	Phone Number	Email	W#
<i>Project Advisor:</i> Tracy Dahlstedt-Rienstra	Prevention and Wellness Services	Health Educator, Peer Sexual Health Educators Coordinator	(360)650-7557	Tracy.Dahlstedt-Rienstra@wwu.edu	
<i>Project Lead:</i> Hanna Bridgham	Huxley College, Environmental Science	A.S. Environmental Center Coordinator/ Student, Spring 2020	(253)241-7270	as.ecc@wwu.edu	W01277942
Gwen Larned	College of Business and Economics, Business and Sustainability with a minor in Entrepreneurship and Innovation	Zero Waste Coordinator/ Student, Spring 2018	(360)650-4924	zerowaste@wwu.edu	W01131773

* Teams may have two to four people.

3. PROJECT DETAILS

a. Describe your proposed project.

Our team would like to host an event titled *Sustainability, Period*, on February 20th from 4:00-6:00pm. The purpose of the event is to educate the campus community on sustainable alternatives to "traditional" menstrual products

and to start a conversation on how to feel comfortable with being a person that experiences a menstrual cycle and breaking down social stigmas around the issue. During the event Tracy Dahlstedt-Rienstra, Gwen Larned and Seiest Mergens, CEO of Days for Girls, will present to talk about what the different options are on the market, how they work, the social issues related to each and how they affect human health, the environment and the economy. Before the event, students will get to participate in engaging activities around sexual health and talk to programs or businesses that we plan to have tabling such as the Womxn's Center and the Environmental Center, as well as Diva Cup, Luna Pads and Sustain Natural. Post event, attendees will have the opportunity to fill out an order form for the product of their choice, either a Diva Cup (sizes vary), a Luna Pad (styles and colors vary), or Thinx underwear (styles, sizes and colors vary). We would also like to have a display set up with different sample options so attendees can see and feel them as well as some free handouts of condoms, tampons and pads from Sustain Natural (a female started company that produces sexual health products *designed for women*.)

b. Describe the purpose of your proposal.

The purpose of our proposal is to empower people to make the best choice for themselves in managing their menstrual cycle. Many people are unaware of the impacts "traditional" products can have on human health and the environment and many do not know that there are other options. These alternative products are generally more expensive or can be a large upfront investment, which may deter people from trying them. Our mission is to break down the barriers to sustainable periods while opening up a bigger conversation about the importance of how we talk about these issues.

c. Provide a rough budget estimate. An estimated range is acceptable here. Provide the source documentation of how you came up with this estimate.

\$200 for advertising expenses (estimates from Publicity Center)

\$200 for catering (estimates from items at the Community Food Co-Op)

\$150 for room set-up (according to Viking Union Event Services)

\$300 for products from Sustain Natural (organics pads and tampons, condoms) <https://www.sustainnatural.com/>

\$150 for reusable menstrual products for demonstration (~\$40 per reusable menstrual product x three types of product)

\$8000 for reusable menstrual product orders filled by attendees (~\$40 per reusable menstrual product x at most 200 attendees)

Total: \$9000

Info from: a conversation with Diva Cup representatives, https://lunapads.com/?geoip_country=US, <https://www.shethinx.com/>

d. How does your proposal align with the Sustainable Action Fund Grant Program mission?

- Increase Student Involvement and Education

Every student on our campus is invited to attend the event, we anticipate an attendance of roughly 100 but will plan for 200. Every student in attendance will have the opportunity to engage with sustainable period information through multiple platforms (talking with tablers, listening to the presentation, checking out sample products). Roughly 200 students will have the opportunity to order a reusable item of their choice, and we would like to provide enough organic pads/ tampons/ sustainable condoms that everyone will be able to take one.

- Reduce the University's Environmental Impact

By empowering campus community members to utilize low impact products we will directly eliminate waste from Western's landfill waste stream and reduce the amount of resources needed to provide menstruation products for our community members. "Traditional" products are wasteful, require the use of harmful chemicals, promote sexist ideals of menstruation and set low standards for protecting consumer health. The products we plan to purchase are produced by companies that donate profits to groups that work for women's health and education, are made with organic cotton or other natural products, are tested to higher standards for health risks, and talk about periods in an authentic way.

- Create an Aware & Engaged Campus Community

The more we talk about the inequities people face when menstruating the closer we will get to solve some problems. The primary mission of our project is to empower our community members to feel comfortable working, living, and attending classes on our campus no matter what time of the month it is. Through authentic advertising and intentional conversations from promotion through to the event, we can start some great conversations.

e. Does your project tie into any broader campus sustainability goals or initiatives? If yes, please describe how.

The vision statement of Western's Sustainability Action Plan reads, "Western Washington University graduates will be instilled with an appreciation and understanding of the impact of human choices on people around the world and the planet itself. Those graduates will be force multipliers, taking their knowledge and passion to the home and workplace, promoting, influencing, and encouraging responsible, sustainable, and ethical practices in all aspects of their lives."

As future graduates, our team members have a responsibility to help our campus community understand the impact of their daily choices. By continuing the conversation on sustainability; social equity, human and environmental health, and economic vitality, through the social lense of periods we can give community members the opportunity to take a role in resolving these issues every month.

4. CASESTUDIES

Find at least one example of the type of project you are working on at another institution and describe what make them successful. Additional case studies will strengthen your proposal.

Project home institution, title, and start date	Purpose of project, size and scope of project, players and stakeholders involved, how the project is progressing now & results.
Western Washington University, <i>Sustainability, Period.</i> , January 18th, 2017	"Sustainability, Period." in 2017 featured a presentation by Tracy Dahlstedt-Reinstra and Gwen Larned on the issues of sexual health and education and sustainability issues related to "traditional" period products. During the event several types of reusable products were raffled off including Thinx underwear, a Diva Cup, Lunapads and a menstrual sea sponge. The Womxn's Center and the Environmental Center were co-hosts and tabled during the event to engage students alongside representatives from a couple sustainable period companies. Approximately 80 students attended the event. Attendees were great participants in the conversation during the presentation and engaged with presenters and tables to learn more. Demonstration sample products were provided for education and coupons for free samples were provided by Lunapads. Vegan cupcakes from the Community Food Co-Op and fresh veggies were icing on the cake.

5. PROJECT TEAM, PARTNERS AND STAKEHOLDERS

a. Using the table below describe how each of your team members can contribute to the success of this project

Name	Relevant experience or knowledge for this project. Also detail the roles and responsibilities of each project partner.
<i>Project Advisor:</i> Tracy Dahlstedt-Rienstra	As the Peer Sexual Health Educators Coordinator, Tracy, has years of experience in talking about sexual health and wellness. Her experience in having these conversations with community members will help us create an inclusive event that is welcoming for everyone. Tracy has been a huge help in framing the goals of this project and will be a great resource for content development in education and outreach.
<i>Project Lead:</i> Hanna Bridgham	Hanna has experience in event coordination from her work as an Eco Rep, hosting sustainability oriented events and projects for her dorm, as well as by participating in clubs such as Students for Renewable Energy. Hanna is responsible for coordinating tables, reserving the space and requesting catering
Gwen Larned	Gwen has experience in zero waste efforts through her work for Zero Waste Western and has event planning experience from being an Eco Rep, working in the Office of Sustainability and collaborating with the Environmental and Sustainability Programs. Gwen is responsible for coordinating with presenters and assisting in event planning as needed.

b. List the stakeholders and project owners that your project will need to work with if your team is approved to write a final application.

Stakeholder/Project Owner	Describe how each listed stakeholder/project owner will be impacted by or involved in this project. Will their permission be required for your project to move forward?
Environmental Center	The Environmental Center will be the primary host of this event. We have their permission to move the project forward.



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LARGE GRANT - CONCEPTUAL APPLICATION
Applicant Team/Advisor Partnership Agreement

An Applicant Team / Advisor partnership is a relationship of substance between the project applicant(s) and a faculty or staff advisor involving shared responsibilities and mentoring in undertaking the project funded by the SAF Grant Program. To ensure that the project runs smoothly and achieves its objectives, the SAF Committee requires project applicants and the faculty/staff advisor to demonstrate their commitment to the project by acknowledging the principles of good partnership practice set out below and identifying the nature and role of the partners.

Principles of Good Partnership Practice

1. Project partners must have read the Rules of Operation for the SAF Program (found on this webpage: <https://sustain.wvu.edu/saf/>, under the tab, "guiding documents"), reviewed the Large Grant Application Toolkit, and understand what their role in the project will be before signing the partnership statement.
2. The project lead must consult with the partners regularly and keep them fully informed of the progress of the project.
3. Substantial changes to the project should be agreed upon by the partners before being submitted to the SAF Committee. Where no such agreement can be reached, the applicant must indicate this when submitting changes for approval.
4. The partners authorize the project lead to sign the proposal application and represent them in all dealings concerning the project's development, review, and implementation.
5. Project partners must have read the project proposal before signing the completed application.
6. All partners must receive copies of any report submitted to the SAF Committee.
7. All project partners agree to be present during the team's presentation to the SAF Committee in case input is needed or requested.
8. If the grant is awarded, partners shall take part in the development, implementation and review of the project under clearly identified roles and responsibilities.

We will comply with the principles of good partnership practice during the development, implementation, and review of this project.

Project Lead Name	Project Lead Signature	Date
Team Member Name	Team Member Signature	Date
Team Member Name	Team Member Signature	Date
Team Member Name	Team Member Signature	Date
Faculty /Staff Advisor Name	Faculty/Staff Advisor Signature	Date

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LARGE GRANT - CONCEPTUAL APPLICATION

Once your conceptual project proposal is complete, you must print and submit a final copy with hand-written signatures.

PROJECT TITLE:

Project Lead Name (print): _____

Project Lead's Signature: _____ **Date:** _____

By signing this document you agree that all information is true to the best of your knowledge. You also agree that this information may be shared with the public and members of the Sustainable Action Fund Committee.

Staff/Faculty Advisor's Name (print): _____

Staff/Faculty Advisor's Signature: _____ **Date:** _____

By signing this document you agree that all information is true to the best of your knowledge.

Comments:

After completing the final draft of your Conceptual Application proposal, please set an appointment with the Sustainable Action Fund Grant Program Coordinator to have your proposal reviewed and signed.

Sustainable Action Fund Grant Program Coordinator, Johnathan Riopelle

Viking Commons, Room 24

Available by appointment

Email: John.Riopelle@wwu.edu

Phone: (360)650-4501

Signature: _____ **Date:** _____

This signature does NOT indicate that you have received funding, but it does verify that you have fulfilled all the requirements and have successfully submitted a completed Project Proposal by the deadline.

Comments: