UIS Green Projects Application

Full Project Proposal- **Step 2**

**Project Name: Menstrual Cup Initiative**

**Contact Information:**

Project Team

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| *Name* | *UIS Student/Faculty/Staff & Department (or Office)* | *UIS Email* | *Phone #* |
| Sarahi Porcayo | UIS Student | [Sporc2@uis.edu](mailto:Sporc2@uis.edu) | 3312509195 |
| Rexann Whorton | Women’s Center Program Director | [Rwhor2@uis.edu](mailto:Rwhor2@uis.edu) | N/A |
| Jarrod Knapper | Student | [Knapper2@uis.edu](mailto:Knapper2@uis.edu) | 8156140412 |

Organization/Affiliation: Green Fee Committee, Women’s Center, Gender and Sexuality Student Services

**Project Information:**

*Provide a brief description of the project, its goals, and the desired outcomes:*

The MCI’s main goal is to provide the option of a menstrual cup to all the students at UIS The goal is to allow everyone to have the option of one and to provide an alternative to tampons and pads as well as educate people on the benefits and how to use. The Project would also like to advertise the sign-up period of Organic Cup as well as install bathroom signs in all bathrooms to include signage on where they can get more information and products that are offered by the school and women’s center.

*How will this project improve sustainability at UIS?*

The main goal of the project is to offer a free menstrual cup to students. When people switch to menstrual cups, their usage of plastic wrapped tampons and pads goes down and thus a menstrual cup is a much more sustainable option. On average a person who menstruates will bleed for 5 days, during those 5 days they will use about 15 tampons. If a person menstruates every month, (average of 40 years total) that adds up to 7,200 products for that person’s lifetime. On average a person will spend $1,700 on just tampons, and $4,500 on pads. With menstrual cups, you only buy one every 2 years, if they on average are 30 dollars, they cost the same amount as 4 boxes of tampons, the menstrual cup will last you longer than those tampons though. Along with being reusable, menstrual cups also help decrease the amount of plastic ending up in landfills as well in sewer systems that can eventually lead to oceans. Another benefit of more people using menstrual cups is that it can also decrease the amount of energy and expenses associated with the flushing of tampon and pad products. Our facilities would be working at their optimal capacity and less waste and work would offer a better use of expenses. Sewage problems associated with menstrual products also show that the blockages either end up in landfills or in the local water systems. Most tampons and pads come in plastic, with a plastic applicator and usually have plastic in them. All that plastic will most likely end up in landfills. If the University can offer all students a more sustainable option, then our university will be one of the first of many, to help in the effort to make campus’ more environmentally friendly.

*Please indicate how this project will involve or impact students. What role will students play in the project?*

The project will directly impact students since they will be the ones receiving the product if they choose to. There will also be more information in restrooms as to the type of products available and where to find them. Hopefully more people will get encourage to try to make the switch to a menstrual cup. Along with the sustainability This project really matters to me because as a person who menstruates, switching to a menstrual cup has been one of the best decisions I have ever made, I would love to spread that with more people and share an equal opportunity in menstrual health. This project relates to sustainability because of how sustainable switching to a menstrual cup can be.

*Where will the project be located? Do you need special permissions to enact the project at this site? If so, please explain and attach a letter of support to your application. If you are not sure, let us know! We can help.*

The project does not need a specific location, distribution can happen publicly at first (at the Union) and if people would like a more private way of attaining their cup, they would be stored in the Women’s Center building. At the bottom of this proposal I have inserted email confirmation from is an email confirmation stating that the head of the women’s center is also a part of this project.

*Other than the project team, who will hold stake in the project? Please list other individuals, groups, or departments indirectly or directly affected by this project. This includes any funding entities (immediate, future, ongoing, etc.) and any entities that will be benefiting from this project. Communication with affected departments is encouraged ahead of time. List the names of who you spoke with and their comments.*

Other people involved in the project would be the team at CampusCup through OrganiCup. Another factor would be facilities with the process of installing signs that show the options of menstrual products at the school per each bathroom. With an increase in menstrual cups there could also be a decrease in the amount of service that plumbing needs since less products will be flushed down the toilets. I have also been emailing with Chuck Coderko about the future mounting process and we would still have to work out those details.

Rexann Whorton has also been in contact with Creative Services over the prices for laminated half sheet posters for advertising as well.

For future proceedings, there may be another proposal to the Green Fee Committee on restocking menstrual cups or another round of the free promotional cup that would require less funds.

*Have you applied for funding from the Student Green Fee previously? If so, for what project?*

Yes I have applied for funding from the Student Green Fee Committee previously. Sadly, due to some personal problems, I was unable to submit a finished project plan and dropped the project in the end. It was the Bird Friendly Campus.

**Scope, Schedule, and Budget verification**

*Do you have a plan for project implementation? Describe the key steps of the project.*

Using Organicup, we would be able to choose a 14-day period in which we would send out information and surveys to all students and they would be able to indicate whether they would want a free menstrual cup.

Right now, we (Rexann and I) are considering the week afterward spring recess. The goal would be March 21st – April 3rd.

The menstrual cups take is approximately 3-7 working days to be delivered. They all would be delivered to the Women’s Center and distribution would happen the following weeks by volunteers from the Green Fee Committee, SGA, Gender and Sexuality Student Services or Women’s Center.

Information on storage: “[Menstrual] cups are packed individually but come in cartons of six and then in outer cartons. So, the space they will take up depends on how many students sign up to receive one. We will send the amount requested after the 14 day sign up window has closed. Measurements (mm):

Height, Width, Depth

Selling unit: 95 x 75 x 30

Inner carton: 115 x 92 x 200

Outer carton: 220 x 370 x 580“

from email with OrganiCup Support staff.

There is also a zoom option with a presentation by the Health services that could be offered if there is enough interest. Rexann Whorton is in contact with them. I (Sarah) would also be willing to give a presentation and answer questions and concerns.

Afterwards, we would still want to supply a menstrual cup to those who were hesitant to receive one or as more students arrive at different times in the semester, we would also like to offer menstrual cups as a year-round option and not just after the 14 day period. So we could buy a supply of menstrual products and then we would be able to supply anyone. This could happen before or after the menstrual cup free sign up period.

*List all budget items for which funding will be required. Include the cost for each item requested. Please be as detailed as possible, to the best of your ability. If you know where you would like to purchase materials from, please list the contact information of the retailer(s) below, along with the URL addresses to each item you will be requiring. If you need suggestions for how and where to purchase materials, please contact the Student Sustainability Projects Coordinators by email.*

This table shows the funds we would be asking for, to help supply menstrual cups after the 14 day period of organicup. First we would use organicup to obtain the majority of products but we would also like to have an extra supply of menstrual cups at the school. Our current goal would be to have a supply of 400 menstrual cups located at the Gender Affirmation station over at Gender and Sexuality Student Services Building. . At the school we currently have 4,275 students, if 54.3% identifies as female, then that leaves about 2137 students who may possibly be interested in the free organicup menstrual cup.

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| Product | Cost per Person ($) | Total Cost ($) for 400 cups |
| June Cup | ~8 (price increase due to inflation) | 3,200 |
| OrganiCup | 8.85 (at least 6 cup minimum) | 3,540 |

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| Item | Price | Reason |
| Laminated Signs for Advertising and Information | $2.00 per sign 50 half sheets  **$100.00** for 200 signs | 100 of the signs would be used in advertising and the other 100 would be used to share information in the restrooms. There are about 75 women’s, unisex, and men’s restrooms that we would like to place these signs into. |
| Poster Tack (any color)  https://www.officedepot.com/a/products/152406/ArtSkills-Poster-Tack-White-Pack-Of/ | 2.69 Each (for 64 pc)  5.38 for two  **$6.00** including estimate of sales taxes | This is a product that is reusable, nontoxic and does not damage walls that can be placed on the back of the posters when we mount them |
| Menstrual Cups for UIS stock | 8.85 per cup  400 cups for **$3,540** | UIS stock for future interest |
| Incidents associated with Promotion | **$100** | Funds for a potential design fee, unexpected expenses. If they are not used we would return back to the green fee fund. |
| **TOTAL** **ASKING** | **$3,746** |  |

*Will this project require ongoing funding? Do you have a plan for supporting the project in order to cover replacement, operation, or renewal costs?*

This project will need future funding, but it would be a direct benefit to the students to have a small supply for the students who are interested. The Women’s Center has also agreed to continue to promote the project for the following years. A future Letter of Intent and Project proposal may be submitted asking for the additional funds. The project can continue to apply for the CampusCup giveaway as need be.

*Every project must be publicized! Where would you like to see information about this project reported?*

I (Sarahi) would love to see this project on the successful project GFC page as well as in the UIS papers and possibly a new category in the sustainable manual or challenge. Some celebration for the people who help put this together would also be nice. A small covid safe activity.

References:

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College Factual. (n.d.). *University of Illinois at Springfield diversity: Racial demographics & other stats*. University of Illinois at Springfield Diversity: Racial Demographics & Other Stats - College Factual. Retrieved October 30, 2021, from https://www.collegefactual.com/colleges/university-of-illinois-at-springfield/student-life/diversity/#gender\_diversity.

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