Logistics Toolkit for Student Advocates

Are you a student-activist looking to advocate for menstrual equity? Here is a toolkit with information on how you can estimate and calculate costs to budget for a period product program. You will impress decision-makers when you come prepared to meetings with this level of thorough information!

This toolkit will help you estimate the budget for a period product program specific to YOUR school! If you need additional support with this process, email us at hello@goauntflow.com or refer to the FAQs on our website!

STEP 1

Determine the following data points to calculate the cost of a period product program.

a) Female population, trans/non-binary population (if available).

> **NOTE** To estimate the menstruating population, we suggest you take the total population and divide in half.

b) Restroom count (women's, gender neutral, family restrooms, and *potentially men's restrooms).

c) The number of stalls in the bathroom.

> **NOTE** Single-stalled bathrooms do not need a full dispenser. Instead, we recommend a display box.

STEP 2

Take into consideration how the average menstruator uses many products. (Usage often varies.)

A study from students at Princeton University found that in U.S. schools, kids use an average of 1-2 products per month or 12-24 products per menstruator per year. This range also provides wiggle room for trans/non-binary people.

STEP 3

Costs of Aunt Flow Products:

a) Cost of pads and tampons case (500 ct each): $162/each

b) Hardware: Model E (Estrogen Dispenser) = $341/each

c) Dual Display boxes: $29/each

STEP 4

Formula to calculate the cost of period product program for one year:

a) Multiply # of Menstruators by 12 = XX

b) Then, you divide XX by 500 to get your case count

c) Multiply Case Count by $162 = YY (Cost for products)

d) If a single stalled bathroom, then ADD 1 dual display box per bathroom = $29 times the # of bathrooms = AA

e) If a bathroom has multiple stalls, we recommend purchasing 1 Model E dispenser/bathroom = $341 X [# of bathrooms] = ZZ

f) Total Cost = YY + AA + ZZ