



Core Grant Guidelines

What is the Iowa Women's Foundation?

The Iowa Women's Foundation (IWF) is a nonprofit, grantmaking foundation dedicated to expanding opportunities and promoting positive social change. Our mission is to improve the lives of Iowa women and girls through economic self-sufficiency. Since the first cycle of grants in 1996-1997, IWF has awarded more than \$1 million to 232 projects reaching women and girls in every county in Iowa.

Who is eligible to receive an IWF grant?

Nonprofit (501(c)(3) tax-exempt) organizations or grassroots groups serving women and girls in Iowa are encouraged to apply for IWF grants.

What are the IWF's priorities in awarding grants?

Economic self-sufficiency for all of Iowa's women and girls is central to the mission of the Iowa Women's Foundation and to our grants program. To be successful, proposed projects must focus primarily on serving the needs and aspirations of women and girls. To this end, six specific areas have been identified as the most critical barriers for Iowa women and girls, and all grant applications must address one of these barriers. The barriers are employment, child care, housing, education/training, transportation, and mentorship.

We seek to foster an environment in which each woman and girl has the resources – human, social, and financial – necessary for a successful future. These resources come in many forms: a living wage, warm roofs overhead, enough food on the table, adequate clothing, timely care for medical needs, readily available transportation, appropriate vocational training, and safe affordable child care. In this vision of the future, human security is the norm and all women are active, contributing members of society.

The IWF uses research to identify the biggest barriers to women's success as well as their greatest needs and encourages others, including potential grantees, to do the same.

The IWF looks to communities across Iowa to help us better understand the barriers impacting women and girls' economic security. In the summer of 2015, we met with leaders and members of 18 different Iowa communities to discuss what those barriers were and how best we could break them down and create pathways to achieving economic self-sufficiency.

Applicants are strongly encouraged to utilize data from the **SHE Matters** reports that these discussions and additional research yielded when preparing their grant proposals. Reports can be found at <https://iawf.org/core-grants/>

What types of projects and programs receive funding?

In addition to addressing one of the six previously stated barriers, projects funded by IWF grants typically embody one or more of the following characteristics:

- Advocate on issues that lead to long-term change for women and girls.
- Employ strategies designed to address causes of systemic, societal problems.
- Address activities that enable women and/or girls as a group to achieve economic self-sufficiency.
- Offer strategies that develop positive self-images for young and adolescent girls.
- Promote prevention, early intervention, and enrichment activities.
- Are creative, innovative, and new to the community they serve.
- Increase the range of choices and expand opportunities for women and girls.
- Work toward the elimination of discrimination.
- Could provide a model for replication by other service providers addressing the same clients or similar needs.
- Promote the interconnectedness of issues across states, regions, or countries between the women in Iowa and the global world.
- IWF places no restrictions on the number of years a program can be funded. However, to receive subsequent funding for the same program, IWF will want to see growth, expansion, and/or innovation to the original program.

What types of projects and programs are NOT eligible for funding?

- Any project which does not specifically address one of the stated barriers.
- Existing or new endowment funds.
- Capital projects such as the acquisition of land, buildings and major equipment; or the construction or renovation of facilities.
- Conference attendance.
- Reimbursement for previously incurred expenses.
- Political campaigns for candidates.
- Promotion of religious activities.
- Activities inconsistent with federal, state, and local non-discrimination ordinances regarding equal employment opportunity.

While we recognize the critical importance of emergency services, IWF's priority is to fund programs/projects that help eliminate the root problems and at this time will only consider projects working beyond the needs of an immediate emergency.

What projects have received funding in earlier years?

A complete list of all projects funded by the Iowa Women's Foundation since the inception of our grant program in the 1996-1997 cycle can be found at <http://iawf.org/grantmaking/grant-partners/>.

How are grant applications to IWF reviewed?

The IWF Grants Committee conducts an initial screening of all grants to determine eligibility. Community Review Panels (CRPs) composed of community volunteers with relevant experience and expertise review all of the proposals according to the criteria below. Their rankings are reported to the IWF Grants Committee, which then evaluates the top-ranked

proposals from the CRPs and makes funding recommendations to the IWF Board of Directors. The Board of Directors makes the final funding decisions.

The proposals will be reviewed using the following criteria:

- How closely the proposal aligns with the mission and principles of the Iowa Women's Foundation. See <http://iawf.org/about-us/mission-principles/>;
- The project clearly addresses a primary barrier and may address a secondary barrier from the list of six key barriers women and girls confront when creating their pathway to success;
- The extent to which the applicant understands how gender shapes opportunities and choices;
- The extent to which the project focuses on creating long-term change for women and/or girls as a group and is structured to do so;
- Evidence of need and the appropriateness of the proposed solution that is based on available research and statistics;
- The inclusion of measurable outcomes;
- The extent to which the proposed budget and timetable are justified and reasonable to complete the project.

How much funding is available?

For many years, IWF grants were generally limited to \$5,000 per project. Having received additional support from our donors, we began considering awards up to \$10,000 per project in the 2017-2018 cycle.

What is the time frame for projects?

IWF grants run January 1 to December 31. Projects must be completed within one year. Occasionally, projects may be considered for additional funding in subsequent grant cycles.

Successful applicants will receive a grant contract and first funding allocation (half of the total award) in January 2021. The remaining half of the allocation will be distributed upon receipt of the mid-year report due July 2021.

Applying for a grant from the Iowa Women's Foundation

Please follow these steps to complete and submit your application form:

1. Download the application form from <https://iawf.org/core-grants/>
2. Save it to your computer hard drive.
3. Ensure that you have the latest version of Acrobat Reader installed on your computer (see "technical tips" below for testing and, if necessary, obtaining updated software free of charge).
4. Complete the form using Acrobat Reader. Make sure to refer to the "*Guidance for Completing Specific Sections of the IWF Grant Application*" on pages 5-6 of these guidelines to ensure you have addressed all of the necessary requirements.
5. Save the completed application form to your hard drive.

6. Email the completed application form to the Iowa Women's Foundation at grants@iawf.org.

Technical tips for completing the application form

You should use Adobe Acrobat Reader DC or Version 11 to complete the form. You will be unable to save the completed form in Versions 9 and earlier.

The DC version can be downloaded free-of-charge from <http://get.adobe.com/reader/>.

If you are not sure which version you are using, open Acrobat Reader and click on "Help" in the menu bar at the top of the screen. You should see the version number in the drop-down box.

BEFORE STARTING TO COMPLETE THE FORM, MAKE SURE YOU ARE USING A RECENT VERSION OF ACROBAT READER. The most current one is Version DC, but the fillable application form should also work in Version 11. You will lose your work if you try to save the completed form in version 9 or earlier.

To make sure the software you have will perform properly, we strongly suggest testing it when you start filling out the form by completing just the first page then trying to save it. If you receive a warning that the completed form cannot be saved, you must download and install the most recent version of Acrobat Reader from <http://get.adobe.com/reader/>.

Important note to Macintosh users: There is a known compatibility problem between Preview (Mac OS X's application for displaying images and PDF documents) and Adobe Acrobat. PDF forms filled out in Preview do not display all form data when opened in Acrobat. Several applicants in earlier grant cycles ran into trouble with this issue. We urge you to complete the form in Acrobat Reader, not Preview.

If for any reason you are unable to use the fillable form and/or submit it via email, please contact the IWF for additional guidance or other submission options. You may contact us via email at grants@iawf.org or by telephone at 319-774-3814.

When is the grant application deadline?

All applications must be received in the IWF office no later than 5:00 PM CDT on Thursday, April 30, 2020.

How can I get advice on preparing our application?

The IWF provides the opportunity for you to have a mentor review a draft of your grant application prior to official submission. If you are interested in a mentor, please send an email to grants@iawf.org and include "Mentor Inquiry" in the subject line. **Requests for assistance from a mentor must be received by Thursday, March 6, 2020.**

For general inquiries please contact

Dawn Oliver Wiand, IWF Executive Director
Office phone: 319-774-3814 Email: dawn@iawf.org

Dawn will answer your questions directly and/or connect you with a member of the Grants Committee to provide further assistance.

The Grantmaking section of the IWF website (<https://iawf.org/core-grants/>) also provides links to other resources that may be useful in preparing your application. As a guide, an exemplary successful grant application is included with these Guidelines beginning on page 8.

The IWF will host a **Statewide Information Session** via the online conferencing service, Zoom, on Thursday, March 5, 2020. Details on how to participate in the session are provided on page 7 of these Guidelines.

When will we hear if our application is successful or not?

Grant applicants will be notified in September 2020. Those whose grant proposals are successful will be featured at our Annual Awards Luncheon to be held on October 9, 2020.

How do I learn more about IWF, IWF grants, or the IWF grant application process?

Please contact us at grants@iawf.org or 319-774-3814.

Guidance for Completing Specific Sections of the IWF Grant Application

- A6. Organization's Chief Executive Officer.** This should be the individual who manages the parent agency that is submitting the proposal and who is responsible for its fiscal and legal operations, i.e., someone who can sign contracts on behalf of the organization.
- B2. Contact Person/Project Director.** This should be the individual who is directly responsible for preparing the application and/or who will be managing the project if funded.
- B4. Time Period Covered by the Grant.** Note that January 1, 2021, is the earliest funding will begin. IWF grants are generally awarded for one year unless special circumstances warrant otherwise. Please explain any such needs in Section E1
- B6. Barriers to economic self-sufficiency addressed by this proposal.** Every proposal must address one primary barrier and may also address a secondary barrier.
- B7 Provide a concise summary of the proposed project** (300 words/2500 characters). Readers should be able to discern all of the key elements of your project from this summary: who will benefit from it; highlights of the work plan; compelling needs it seeks to meet; anticipated outcomes; and what makes it innovative or unique.
- C3. Plan for evaluating short- and long-term success** (100 words/800 characters). The proposal should incorporate measurable outcomes, i.e., quantifiable indicators that you will be able to track during the project to determine if it was a success.
- D3. Budget narrative** (450 words/3500 characters). Please provide a breakdown of the specific expenses for each line in the budget. In each case, make it clear how IWF funds will be used including products or tools to be developed, services or supplies to be purchased, and the methods used to calculate the anticipated expenses.

Examples:

Marketing expenses, \$150. Advertising and promotion to recruit program participants, including printing flyers, staff time for phone calls and emails, preparation and distribution of new releases.

Office supplies, \$150. Toner cartridges (\$125), 100 pocket folders for participant packets (100 x 25¢ = \$25).

Phone/Internet Expenses, \$50. 10% of annual fees (provided through in-kind contribution provided from organization's own funds).

Contract Wage Expenses, \$3,600. Stipends for three interns and three mentors @\$300 each per month for two months ($\$300 \times 2 \times 6 = \$3,600$).

E1. Additional information that will be helpful in the review of the proposal (450 words/3500 characters).

If appropriate, consider covering some or all of the following:

- Tell your story! Share successes using examples.
- Whether the project is based on a national model for curriculum or program design;
- How gender-specific programming is implemented;
- What methods are used to ensure the project is inclusive and diverse;
- How women and girls served by this project provide input to project planning and decision-making;
- If the program builds on an earlier project, how this one differs and/or expands on it; and
- How you made use of the SHE Matters Report and/or other research and statistics to identify the need and develop the proposed project.

Important Tips:

- Check all spelling carefully.
- Check your math.
- Pay attention to the limit on number of words/characters allowed in each section. **If you cannot see the full text when you print out the application**, then the IWF's grant reviewers will not be able to see it either. Use Section E1 to provide vital information that will not fit in the spaces provided.
- Questions are welcome, please call 319-774-3814 or email grants@iawf.org.
- Incomplete applications will not be considered.

Information Session via Zoom on Applying for an IWF Grant

IWF invites interested applicants to learn more about our statewide grantmaking process. We will present a statewide information session via Zoom, the online conferencing service, on **Thursday, March 5, 2020**. During the session, we will provide an overview of IWF and give applicants insight on how to prepare a competitive application. A Q & A will follow and attendees will have an opportunity to discuss the grant application process with IWF staff and other applicants. RSVP to grants@iawf.org by Monday, March 2, 2020

Key dates for 2020-2021 Iowa Women's Foundation Core Grants cycle

February 2020	Grant application period opens
March 5, 2020 10:00 am	Statewide Information Session via Zoom. RSVP to grants@iawf.org by Monday, March 2, 2020. A Zoom link with instructions will be sent to those who RSVP.
March 6, 2020	Deadline for requesting a Mentor who can review the draft of your grant application before being submitted to the IWF.
April 30, 2020	Grant applications due in IWF office by 5pm CDT
September 2020	Applicants notified
October 9, 2020	Successful applicants featured at IWF Luncheon
January 2021	Check presentation and contracts signed
July 2021	Mid-year reports due, followed by distribution of second allocation of funds
January 2022	Final reports due

**ALL PROPOSALS MUST BE RECEIVED IN THE IWF OFFICE
NO LATER THAN 5:00 PM CDT ON
THURSDAY, APRIL 30, 2020**

This sample application is based on a successful proposal that the IWF funded for 2018.

Iowa Women's Foundation – Application for Core Grant Funding in 2021

Please review the IWF Grant Guidelines and follow them carefully as you complete this application form. They are available at <https://iawf.org/core-grants/>

You must use ACROBAT READER version 10 or higher to complete the form.

All grant applications must be received in the IWF office **no later than 5:00 pm on Thursday, April 30, 2020.**

A. Organization

A1. Organization name	First Congregational United Church of Christ	
A2. Organization tax ID #	xx-xxxxxxx	
A3. Physical address	361 17th St. SE, Cedar Rapids IA 52403	
A4. Preferred mailing address	361 17th St. SE, Cedar Rapids IA 52403	
A5. Web address	cccr.org www.Cafe361.org	
A6. Organization's Chief Executive Officer	a. Name	XXXXXXXXXXXXXXXXXXXX
	b. Title	XXXXXXXX
	c. Telephone	XXX-XXX-XXXX
	d. Email	xxxxx@xxxxxxx.xxx
A7. 501(c)(3) organization?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No (provide name of fiscal agent in A8, below)	
A8. Name of fiscal agent, if indicated "No" in A7		

A9. Briefly describe the organization's primary programs and/or services. (200 words / 1600 characters)

While Cafe 361 uses space and equipment donated by First Congregational United Church of Christ, it is a stand-alone program that is financially independent. Cafe 361 has its own executive committee which makes all decisions regarding the program.

First Congregational Church offers opportunities for worship, learning (the church often hosts guest speakers to discuss community issues and current events), growth (the church offers programs for children and youth), and outreach (the church is involved in mission projects locally and globally). People of the church are committed to caring for neighbors, instilling a passion for social justice, addressing our differences, befriending strangers, and helping to make the Cedar Rapids area a diverse, warm, welcoming, safe, family-friendly and inclusive place for all



IOWA WOMEN'S FOUNDATION

2201 East Grantview Drive, Suite 200, Coralville, IA 52241

319-774-3814

Email: grants@iawf.org Web: www.iawf.org

B. Project Information

B1. Project title	Cafe 361	
B2. Contact person/ Project Director (individual who will serve as primary contact for the project)	a. Name	Xxxxxx XXXXXXXXX
	b. Title	XXXXXXXXXX
	c. Telephone	XXX-XXX-XXXX
	d. Email	xxxxx@xxxxxxxxxxxxx.xxx
	e. Mailing address	361 17th St. SE, Cedar Rapids IA 52403
B3. Requested grant amount	\$ 6,500.00	
B4. Year covered by the grant	January 1-December 31, 2021	
B5. Iowa counties to be served by this project	Linn	

B6. Please indicate the primary barrier to the economic security of Iowa's women and/or girls this proposal is designed to address (select one only):

Employment Childcare Housing Education/training Transportation Mentorship

If desired, you may also indicate one secondary barrier (optional, select one only):

Employment Childcare Housing Education/training Transportation Mentorship

B7. Concise summary of the project (300 words / 2500 characters)

Cafe 361 is a safe place for young women in grades 6-10 from ethnically and socioeconomically diverse neighborhoods in Cedar Rapids to interact with their community and learn valuable life skills, including leadership, responsibility, and communication. Cafe 361 strives to empower these young women by connecting them with positive role models, highlighting the importance of a good education, and emphasizing that college is within reach.

About once a month, 15 young women prepare, serve, and share a meal with up to 100 guests from the community. In doing so, they learn to work together, while learning cooking and budgeting skills. They also have the opportunity to socialize with others from their community, including those who come from backgrounds different from themselves.

This grant would:

--Assist in covering the cost of meals and allow us to select from a wider variety of foods

--Assist with purchasing new cookware

--Increase our collaborations with other nonprofits in the corridor, such as completing service learning projects (preparing a meal for the homeless shelter, for example)

--Allow us to continue to offer stipends to participants when they reach high school (to cover school program fees)

C. Project Goals, Activities, Timeline, Evaluation, and Sustainability

C1. Enumerate up to three primary goals of this project. (25 words per goal / 200 characters)

Goal 1	Participants will be able to plan a meal, read a recipe, and cook a meal, following safe standards for food-handling and use of knives, stove, and oven.
Goal 2	Participants will feel comfortable initiating conversations with adults of diverse backgrounds in a safe setting, preparing them for job interviews later in life.
Goal 3	Participants will be able to verbalize and show their understanding of the importance of making good decisions regarding home life, education, friends, and community involvement.

C2. Briefly describe the activities you will use to achieve the goal(s) and outline the implementation timeline. (200 words / 1600 characters)

This grant is for the calendar year, however Cafe 361 runs on the school year schedule. The young women help plan themes and food for future meals. About once a month, we meet to cook all afternoon. Prep time includes instruction on topics such as knife safety and proper hand-washing technique, or an educational lesson on the region of a particular cuisine. The young women brainstorm "table talk" topics--good questions that lead to interesting conversations and engage everyone at the table. They initiate conversation with questions that require more than a one-word answer. At each gathering, adults engage the young women in conversation about school and life, including holding them accountable for actions and celebrating good choices. The participants meet outside of cooking days to follow the "Girls With Ideas" curriculum, a locally developed program aimed at teaching creativity, confidence and leadership skills to middle school girls. More information about Girls With Ideas can be found at www.girlswithideas.com.

Summer 2017 -- Recruit participants through agencies serving young women and their families
 August 2017 -- Gather the young women and their families for orientation and to planning.
 Sept 2017-June 2018:
 -- 3 to 5 times: Prepare and serve meals for up to 100 people each time.
 -- 2 to 4 times: Prepare and deliver meals or desserts to homeless shelters and other community nonprofits.
 -- 2 to 4 times: Partner with a nonprofit agency to cater a meal for that group's meeting or special event.
 -- Year-end recognition & celebration

C3. Describe your plan for evaluating short- and long-term success, including measurable pre- and post-project indicators. (125 words / 1000 characters)

1. We will create a checklist of skills and information each participant is expected to know and update the checklist at each session. Each participant will be able to follow a recipe and prepare an entire meal without supervision from an adult.
2. After each dinner, we will check with guests at each table to see how their table host conducted herself. Each participant will host a table of adults by herself, practicing good communication skills such as making eye contact and asking follow-up questions. Guests will give positive reviews of how the table host conducted herself, including the ability to engage all guests and keep the conversation flowing.
3. Participants will complete the "Girls With Ideas" curriculum, be able to identify her personal strengths, recognize the traits she needs to work on, and be willing to serve as a role model at Cafe 361, at home, at school, and in her community.

C4. What are your plans for sustaining the proposed program/services after IWF funding ends?

(100 words / 800 characters)

One year of funding from the Iowa Women's Foundation will allow Cafe 361 to connect with more local nonprofits. We would have enough money to do more volunteer (free) projects for other agencies, thereby increasing our visibility. We believe that once a group finds out about Cafe 361, they are likely to seek us out again for catering needs, special events, refreshments for meetings, etc. Nonprofits may be inclined to give a donation to Cafe 361, allowing us to fund even more events. Each time we serve or partner with another group, we invite those members to our community meals. Our dinner guests are not charged a fee but donations are accepted. The more guests we have at each dinner, the more donations we receive which allows us to strengthen our program.

D. Project Budget

Please provide a budget **FOR THIS PROJECT ONLY** (not the entire organization).

D1. Expense categories	Source of funds for this project		
	Requested from Iowa Women's Foundation	Provided from Other Sources	Total Project Budget
a. Marketing expenses			\$ 0.00
b. Office supplies			\$ 0.00
c. Equipment expenses	\$ 1,200.00		\$ 1,200.00
d. Phone/Internet expenses			\$ 0.00
e. Food/Catering expenses	\$ 5,000.00	\$ 1,500.00	\$ 6,500.00
f. Travel expenses			\$ 0.00
g. Contract wage expenses			\$ 0.00
h. Employee expenses			\$ 0.00
i. Other costs	\$ 300.00		\$ 300.00
TOTAL EXPENSES	\$ 6,500.00	\$ 1,500.00	\$ 8,000.00
D2. Funding sources	Requested from Iowa Women's Foundation	Provided from Other Sources	Total Project Budget
a. Amount requested from the Iowa Women's Foundation (should match B3)	\$ 6,500.00		
b. Amount from other sources		\$ 1,500.00	
c. Total Project Budget			\$ 8,000.00
TOTAL REVENUES (should match TOTAL EXPENSES, above)	\$ 6,500.00	\$ 1,500.00	\$ 8,000.00

D3. BUDGET NARRATIVE. Please provide a breakdown of specific expenses for each line in the budget. See grant guidelines for additional information on what to include. (450 words / 3500 characters)

Equipment expenses: This covers baking pans, cutting boards, utensils and supplies. Because we cook with 15 young women and several adults at the same time, it would be helpful to have duplicate items, such as mixers. Currently, we sometimes need to cook one part of a meal in advance so we can wash and reuse the pans for the next part of the meal. Also, the grant would help cover the cost of paper and plastic products (plates and cups) and materials for table decorations.

Food: This is, by far, our largest expense. We accept donations from our dinner guests but those donations rarely cover the entire cost of a meal. We encourage the young women's families to join us, and most of them are not able to make a donation. We are very good at shopping around to get the best prices but we often must pare down our meal plans because of costs.

Other costs: This includes serving gloves, aprons, t-shirts and hats (to cover their hair while cooking) for the young women.

D4. If the Iowa Women's Foundation cannot provide all of the support requested, will the proposed project be able to move forward with partial funding? What adjustments will you need to make?

(100 words / 800 characters)

Yes, we can move forward with partial funding, but it would not be an ideal situation. So far, we have been able to welcome each young woman who wants to participate. Without additional funding, we will have to limit the number of participants and turn away some young women. We will charge a fee to dinner guests rather than asking for donations. This would exclude many of the participants' family members, who eat for free now. We would not be able to continue to offer the stipends to high school students.

E. Additional Information

E1. Use this section to provide additional information about your proposal. See guidelines for suggestions. (450 words / 3500 characters)

Cafe 361 is unique. It is not based on a national model. The program started in 2013 after adults in the Wellington Heights neighborhood expressed concern about a lack of options for middle school students, especially young women, on the day each week when school was released early.

Cafe 361 started four years ago. 65% of current participants have participated all four years. We do year-end surveys with the young women and dining guests to obtain feedback, enabling us to make continual improvements to the program.

We chose to focus only on young women because, in 2013, young women had fewer after-school options than their male counterparts. Middle school typically is a challenging time for young women, especially for those who already have low self-esteem, little support at home, and few role models. Giving young women a place to go and something to do, away from the social pressures at school, allows them to recognize and utilize their talents and strengths in a new way.

Cafe 361 emphasizes the importance of education. Leaders take the participants on a college tour at least once a year, encouraging them to look for differences and similarities among the schools and imagining themselves on the campuses as college freshmen.

By awarding stipends to the young women when they reach high school, we are encouraging them to participate in extra-curricular activities, such as athletics or music lessons. All of those programs have a cost, and most of our Cafe participants can't afford the program fees without financial assistance.

Parents have noticed increased maturity and skills in their daughters. Some are now responsible for making dinner for the family on a regular basis. These young women are talking about "when" they go to college, not "if."

E2. How did you find out about the IWF grant program? (100 words / 800 characters)

A Cafe 361 dinner guest suggested we explore this option.

F. Demographics

For the group targeted by this project, not the entire service population of your organization.

F1. Estimate the total number of persons who will be served in each of the following groups:

- | | |
|--|--|
| <input type="text"/> Women | <input type="text"/> Men |
| <input type="text" value="15"/> Girls (under 18 years old) | <input type="text"/> Boys (under 18 years old) |

F2. Age group(s) that this project is designed to serve (please provide anticipated percentages)

- | | | |
|---|---|---------------------------------------|
| <input type="text"/> % Girls ages 0-5 | <input type="text"/> % Women ages 18-25 | <input type="text"/> % Women ages 62+ |
| <input type="text"/> % Girls ages 6-11 | <input type="text"/> % Women ages 26-40 | |
| <input type="text" value="100"/> % Girls ages 12-17 | <input type="text"/> % Women ages 41-61 | |

F3. Ethnic/racial constituencies this project is designed to serve (please provide anticipated percentages)

- | | | |
|--|---|--|
| <input type="text" value="60"/> % African-American/Black | <input type="text"/> % Latina/Hispanic | |
| <input type="text"/> % Asian/Asian-American | <input type="text"/> % Native American/American Indian (specify) <input type="text"/> | |
| <input type="text" value="40"/> % Anglo/Euro-American | <input type="text"/> % Other (specify) <input type="text"/> | |

F4. Disability status of the participants this project is designed to serve (please provide anticipated percentages)

- | | |
|---|--|
| <input type="text" value="20"/> % With a disability | <input type="text" value="80"/> % Without a disability |
|---|--|

F5. Income level(s) of the participants this project is designed to serve (please provide anticipated percentages)

- | | | |
|---|--------------------------------------|-------------------------------------|
| <input type="text" value="75"/> % Poverty level (at or below) | <input type="text"/> % Middle income | <input type="text"/> % Upper income |
| <input type="text"/> % Low income | | |

F6. Neighborhood/geographic region this project is designed to serve

- | | | |
|--|---|------------------------------------|
| <input type="text" value="50"/> % Neighborhood | <input type="text" value="50"/> % Urban | <input type="text"/> % Reservation |
| <input type="text"/> % Suburban | <input type="text"/> % Rural | |

F7. Other constituencies/groups this project is designed to serve (check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Boys/Men | <input type="checkbox"/> Persons who are physically challenged |
| <input type="checkbox"/> Displaced persons | <input type="checkbox"/> Refugees |
| <input type="checkbox"/> Persons for whom English is a second language | <input type="checkbox"/> Single mothers |
| <input type="checkbox"/> Incarcerated women/girls | <input type="checkbox"/> Teen mothers |
| <input type="checkbox"/> Lesbians/Bi-sexual/Transgender women | <input type="checkbox"/> Women in the trades |
| <input type="checkbox"/> Persons who are mentally challenged | <input type="checkbox"/> Women re-entering the workforce |
| <input type="checkbox"/> Non-traditional students | <input type="checkbox"/> Other (please specify): |
| <input type="checkbox"/> Displaced homemakers | <input type="text"/> |
| <input type="checkbox"/> Persons living with AIDS/HIV | |