Projects that receive IWF Core Grant funding:
Economic self-sufficiency for all of Iowa’s women and girls is central to the mission of the Iowa Women’s Foundation and the Core 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: employment, childcare, housing, education/training, transportation, or mentorship.

Funded projects and programs 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
- Have a strong possibility for replication or benefiting other service providers addressing the same clients or similar needs
- Could provide a model for replication by other service providers addressing the same clients or similar needs
- Promote the interconnectedness of issues across the states, regions or countries between the women and 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.

Projects that are not eligible for IWF Core Grant funding:

- Any project that 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
- Research or medical projects
- Reimbursement for previously incurred expenses
- Conference attendance
- Political campaigns for candidates
- Promotion of religious activities
- Activities inconsistent with federal, state, and local non-discrimination ordinances regarding equal employment opportunity