



# Green Bottle Sliding Scale Method



Empowered Lactation is devoted to economic justice. This scale is intended to be a guide, inviting each person to take an honest inventory of their financial resources and look deeply at their levels of privilege and/or systemic barriers. It is a way to challenge the classist and capitalist society we live in and work towards economic justice. Our goal is to make professional lactation support more accessible to our community, while providers are compensated fairly and able to continue doing the work. This system is built on trust. We are also only able to offer a limited amount of Tier 1 and Tier 2 visits each month, in order to sustain our practice.

## Tier 3 (Full cost)

- I am comfortably able to meet all of my basic\* needs
- I may have some debt but it does not prohibit attainment of basic needs
- I own my home or property OR I rent a higher-end property
- I own or lease a car
- I am employed or do not need to work to meet my needs
- I have regular access to health care
- I have access to financial savings or family wealth
- I have an expendable\*\* income
- I can always buy new items
- I can afford an annual vacation or take time off

## Tier 2 (\$75-full cost)

- I may stress about meeting my basic needs but still regularly achieve them
- I may have some debt but it does not prohibit attainment of basic needs
- I own or lease a car
- I am employed or self-employed
- I have access to health care
- I might have access to financial savings or financial support from family
- I have some expendable income
- I am able to buy some new items & I thrift others
- I can take a vacation annually or every few years and still meet my basic needs

## Tier 1 (\$50-75)

- I frequently stress about meeting basic needs & don't always achieve them
- I have debt and it sometimes prohibits me from meeting my basic needs
- I rent lower-end properties or have unstable housing
- I don't have a car or have limited access to a car and cannot always afford gas
- I am unemployed or underemployed
- I qualify for government assistance including food stamps & health care
- I have no access to savings
- I have no or very limited expendable income
- I rarely buy new items because I am unable to afford them
- I cannot afford a vacation or have the ability to take time off without financial burden

\* **Basic Needs** include food, housing, health care, and transportation.

\*\* **Expendable Income** might mean you are able to buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books, and similar items each month, etc.

This graphic and description of sliding scale fee structures is adapted from [The Sliding Scale: A Tool of Economic Justice by Alexis J. Cunniffolk](#) found at [wortsandcunning.com](#)