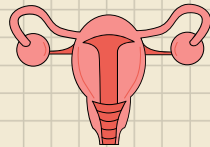


Period.



Many folks struggle to purchase period supplies due to lack of income. This is called period poverty.

Half of the population menstruates. Period Supplies Are Necessities, Not Luxuries.

While you might think period poverty only exists in “other countries”, studies suggest: 1 in 5 teens in the US reportedly struggle to afford menstrual products. 84% say they’ve missed school or know someone who has.

A 2021 study found that Covid-19 has only made this problem worse. Of the teens surveyed 23% struggled to afford period products and 16% said they’ve chosen to buy period products over food or clothes.

Period care/ menstrual health products are not covered by SNAP/WIC or any other public welfare program. Each month, this leaves countless people without the products many of us take for granted. Additionally, they are not typically readily available in our public spaces (like schools/ workplaces).

No student should have to miss school, no adult should have to miss work, and no person should have to miss out on daily life because they are unable to afford the basic necessities they require.

“What are & How to Use Menstrual Products”



Current items Available:

Take home bags available-
prepackaged or DIY
Tampons/Pads/Liners and...
of course Chocolate!

Donation Items Requested For Resource Closet:

Period/ Menstruation Products:

Unscented / Fragrance FREE: Liners;
Pads; Tampons; Menstrual discs



Some people who menstruate choose to use reusable products d/t concerns for the environment, and/or worries about long -term exposure to the chemicals in beached products.

Reusable Options include: Period Underwear;
DivaCup; Cloth pads

Other Donation Items: Chocolate; Heating pads
/packs; Microwavable Rice heating bags; Fuzzy
Blankets