

Period Packs (Menstrual Hygiene Kits)



Why Period Packs?

“Imagine if toilet paper was not provided in school – a place you spend eight hours a day, five days a week, ten months a year, for about twelve years as a child. How would that impact your mental health and physical wellbeing? Your school attendance? Your ability to do well in school and go on to attend further schooling? While BYO toilet paper may never be something we have to worry about, lacking access to menstrual products is a harsh reality for millions of individuals who menstruate.”¹



What is Period Poverty?

“Period poverty is an invisible form of poverty affecting over 22 million people in the United States. It is the inability to afford or access the necessary menstrual products needed to manage a period. Recent studies show that 2 in 5 people who menstruate experience period poverty.”²



Fast Facts

“The average cost of menstrual products is \$13.25 a month, amounting to over \$6,000 per lifetime. Those impacted by period poverty have to make insufferable decisions every day, such as choosing between buying sanitary pads or food, and buying tampons or required school supplies.

Menstrual products [are not covered](#) by any government assistance programs, such as SNAP. As a result, many people are forced to use products longer than recommended or improvise with unsanitary alternatives, such as old clothes and rags.

Apart from the mental, physical, and financial burdens, period poverty also affects one's ability to attend work, school, and other events every month.”³

Fast Facts Continued

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Period Poverty disproportionately affects adolescent students “A study commissioned by [Thinx and PERIOD](#) in 2021 found that 23% of students in the U.S. have struggled to afford menstrual products.

51% have worn menstrual products for longer than recommended.

38% often or sometimes cannot do their best school work due to lack of access to such supplies. These students are often forced to choose between necessities.

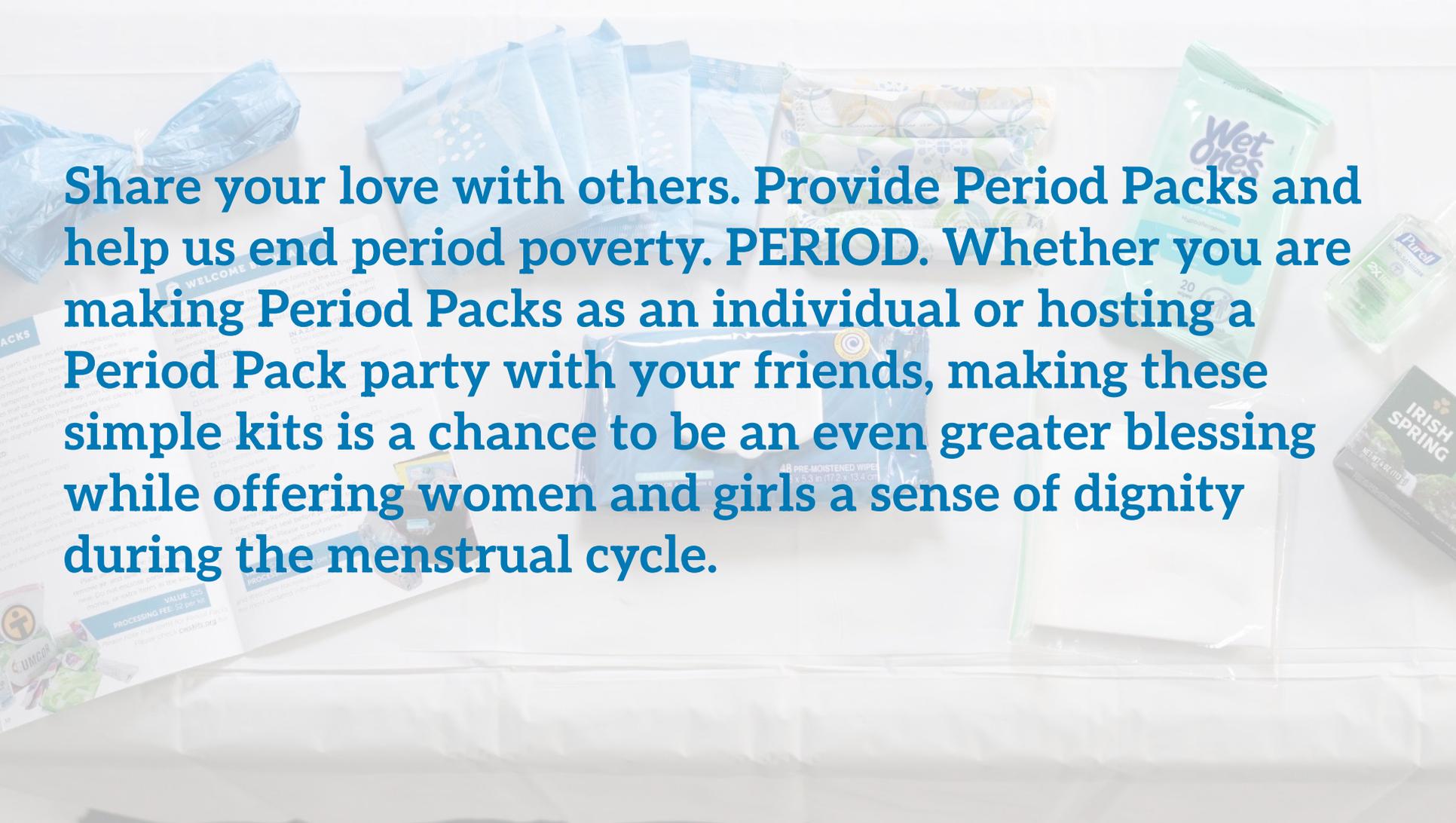
16% of respondents said that during the pandemic, they have chosen to buy menstrual products over food or clothing.”⁴

Who else can benefit from period packs?

Disaster Relief victims – feminine hygiene products are often not readily available after a disaster. And to our knowledge, nothing like this has formally been a part of disaster relief efforts. The Red Cross does not distribute feminine products, so one of our partners in the Red Cross is very excited about our new initiative and the impact it can have during a disaster response.

The Homeless

Refugees and Asylum Seekers – who are often showing up to our country with only the clothes on their backs.

A collection of period care products is displayed on a white surface. In the center, there is a blue and white 'PERIOD' pack. To its left is a 'WELCOME' card with text and a logo. To its right is a green 'Wet Ones' wet wipe pack. Further right are a 'Purell' hand sanitizer bottle and a box of 'IRISH SPRING' wet wipes. In the foreground, there are several blue and white pads and a blue tampon. A small 'UMEDA' logo is visible in the bottom left corner.

Share your love with others. Provide Period Packs and help us end period poverty. PERIOD. Whether you are making Period Packs as an individual or hosting a Period Pack party with your friends, making these simple kits is a chance to be an even greater blessing while offering women and girls a sense of dignity during the menstrual cycle.

Additional Resources

Learn why other groups are supporting period packs:

<https://cwsglobal.org/press-releases/cws-and-umcor-launch-new-menstrual-hygiene-kits/>

<https://www.ucc.org/support-menstrual-justice-with-period-packs-donations-kits-for-general-synod/>

The American Academy of Pediatrics just published a report in support of the elimination of period poverty.

<https://www.contemporarypediatrics.com/view/aap-backs-statement-to-eliminate-period-poverty-increase-youth-s-access-to-menstrual-hygiene-products>

Sources

¹Moms Helping Moms, “New Year, Same Old Flight. It’s 2022, Yet More Than Half Of The Population Is Still Paying The Price For A Natural Body Function,” Forbes, February 1, 2022/ accessed March 7, 2023, [New Year, Same Old Fight. It's 2022. Yet More Than Half Of The Population Is Still Paying The Price For A Natural Bodily Function. \(forbes.com\).](https://www.forbes.com/2022/02/01/new-year-same-old-flight-it-s-2022-yet-more-than-half-of-the-population-is-still-paying-the-price-for-a-natural-bodily-function/)