

# Menstrual Care Is Essential Care

500 million women and girls lack access to menstrual supplies



## The Reality

**Access to basic menstrual supplies isn't guaranteed.** For many people, these items can be hard to afford or unavailable—creating barriers to every day life.

**1 in 10**  
girls



miss school during their period in some regions of the world

**1 in 4**  
teens



in the United States have struggled to afford period products

**Many**  
families



must choose between menstrual supplies and basic needs like food or utilities

## Why It Matters

Menstrual supplies support health, comfort and confidence. Without them, everyday life becomes more difficult.

**\$13-\$18**  
per month

average cost of menstrual supplies in the U.S.

## How CWS Responds

Church World Service shares menstrual hygiene supplies through trusted partners and community organizations in the United States and around the world.

### Globally In Uganda,

CWS is helping ensure women and girls have what they need to manage their periods and continue daily life, including going to school.

**2,500**  
reusable  
menstrual  
hygiene kits



are being shared—along with improved sanitation, clean water and hygiene support.

### Domestically

CWS provides Period Packs—kits filled with essential menstrual supplies—to community partners.

**6,147**  
Period Packs  
in 2025



“

“Many mothers tell me they've had to choose between putting food on the table and buying menstrual supplies. When they receive a Period Pack, the sense of relief is immediate. It's a small gift that makes a big difference.”

— SHAYNE,  
CASE MANAGER,  
HOMES FOR FAMILIES

**Join the  
Movement**

Scan to share  
essential care.

