



PERIOD KiTS.

PERIOD KITS HANDBOOK

Period Poverty Facts

1 in 4 individuals are experiencing period poverty across the United States
1 in 5 individuals reported missing school/work/similar commitments due to the lack of access to period products.

The Way it Works!

You plan the get together. You buy the products. You create the kits.
You earn bragging rights, and we share your work all over social media!

The Actual Kit

Period Kits provide a 1-month supply of period products to those experiencing period poverty.

Products Needed

Tampons

Pads

Panty Liners

Brown Paper Lunch Bags

Each kit includes

12 Tampons

6 Liners

6 Pads

We ask that products be placed in a brown lunch bag and then stapled shut.
You can decorate the bags if you choose with inspiration words or pictures!

About our Period Kits

Who do our period kits serve?

FORT COLLINS, CO: Corps Community Center

Street Outreach through direct distribution

(Have an idea of a location that needs services? Let us know!)

What is in a period kit?

A period kit is more than just period products. A period kit provides dignity to an individual. A period kit removes one more worry from their mind. A period kit provides health and safety.

Thank you for volunteering and helping to make a difference!